





ESTABLISHED 1979

PROUDLY SERVICING AUSTRALIA



✓ TRUSTPILOT



PROUDLY SERVICING AUSTRALIA FOR OVER 40 YEARS WWW.ULTRATUNE.COM.AU

MAXIM

CONTENTS

ISSUE 63 - MAY 2024

10

10 MACHINES

16 FORMULA ONE

30 COVERGIRL

42 STYLE

50 MODEL PROFILE

54 MAXIMMOUTH

56 FITNESS

60 MENTALHEALTH

64 MAXIM FLASHBACK

70 LIFESTYLE

74 TRAVEL

86 woman of the world

92 MAXIMAUSTRALIANZ OFFICIAL WOMEN OF THE WORLD 2024 CALENDAR

94 RELATIONSHIPS

96 sex

98 24 HOURS TO LIVE















"Born in Ibiza, Reborn in Abu Dhabi"

Located in Yas Bay, Café del Mar is your go-to destination for a day of relaxation and enjoyment. Whether you're savoring great food or soaking in the atmosphere, this beach club promises an unforgettable retreat in the heart of the UAE's vibrant capital.

Don't miss out on:

Ladies Day Mondays & Lobster

Mondays from 7 pm

Rosé All Day Tuesdays & Paella

Ladies Night from 7 pm

Ibiza Bliss Brunch Saturdays

BBQ by the pool Sundays

VILLA & CABANA EXPERIENCES

Address:

Café del Mar Abu Dhabi Yas Bay Waterfront, Yas Island

Opening Hours:

Monday – Friday 10 am to 11 pm Saturday – Sunday 10 am to 12 Midnight







Ibiza, Abu Dhabi, Sydney, Bali, Maldives, Malta, Meloneras, Phuket

MAXIM

NEW ZEALAND



FRONT COVER LIZ KIRKNESS

PHOTOGRAPHED BY CHADI SABSABI

EDITOR-IN-CHIEF

Santi Pintado (spintado@nuclear.com.au)



Phone +612-9363-1464

Mail PO Box 230,

Double Bay NSW 1360

Email maxim@maxim.com.au

Web www.maxim.com.au

facebook maximau

twitter maxim_aus instagram maxim aus

youtube maximaustralia

Art Director Luke Shaddock

(lshaddock@nuclear.com.au)

National Advertising Manager Dave Van Oosterom

(sales@nuclear.com.au)

Managing Director Michael Downs

Fashion Editor Adriana Dib

Grooming Editor Shonagh Walker

Motoring Editor Bill Varetimidis

Gaming & Tech Writer Chris Stead

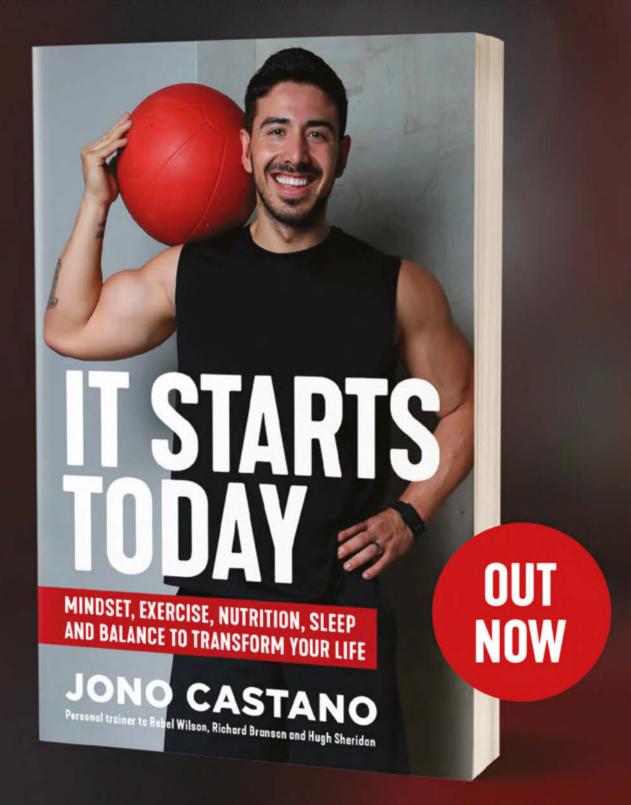
Staff Writer Reilly Sullivan **Social Media** Bree Connor

MAXIM INTERNATIONAL

© 2024 Nuclear Enterprises Pty Ltd

International editions of MAXIM are published in Australia, New Zealand, South Korea, Russia and the United States of America.

DON'T WAIT FOR TOMORROW



Transform your life with Jono Castano

Available now at all good bookstores and online



Wood You Believe It?

Rolls Royce creates the most extravagant interior ever - the Arcadia Droptail...

By BILL VARETIMIDIS

ROLLS ROYCE ARCADIA DROPTAIL

6.75 litre twin turbo V12

PEED: 250 km/h M/H: 5.0 seconds \$38 million (est)

olls Royce production models are already insanely exclusive, so when the marque offers its latest addition, the Arcadia Droptail, to only its most discerning cliental, you know it's rarer than a first class ticket to North Korea.

Taking its name from 'Heaven On Earth' in Greek mythology, the Arcadia is Rolls Royce's third Coachbuild Droptail project - one of which was purchased by rap icon Jay-Z for \$28 million.











The Arcadia Droptail began as a yacht inspired sketch back in 2019, when a client requested it be brought to life, price be damned. The design turned out to be inspired by British biomimetic architecture; the price turned out to be 10 times the price of a Sydney home. As the brand's first modern roadster, it embodies peak open-top luxury. Finished in a unique duotone that combines classic white with bespoke silver, the carbon fibre body and innovative paint techniques add to the vehicle's mystique – and of course the final price tag.

What's even more impressive than the exterior – if that's possible – is the cabin, featuring woodwork including the largest continuous wood section ever seen in a Rolls Royce – requiring over 8,000 man hours to create.

Additionally, the interior features a timepiece with a complex guilloche pattern and hand-painted chaplets - the most detailed timepiece ever created in the brand's history,

undergoing a five month assembly after two years of R & D. Like the vehicle itself – it symbolizes the craftsmanship, heritage, and untouchability of Rolls.

Known for its smooth power delivery, the legendary 6.75 litre twin turbocharged V12 is invited back, delivering 414 kW and 664 lb-ft of torque. As for price, Rolls Royce's previous project, the Boat Tail, cost around \$30 million, so expect way upwards of that for such elite exclusivity, old English craftsmanship, and ultimate flex appeal. ■



SUPERYACHT SMACKDOWN

In the clash of the superyacht titans the Oceanco Reverie custom build takes the crown...

By BILL VARETIMIDIS



o shipyard does luxury quite like Oceanco, the Dutch builder is behind some of the most flamboyant megayachts in the world. The Reverie superyacht is the latest launch in their Simply Custom Series – heavily inspired by nature and adopting an environmental conscience.

Named after a state of dreamy meditation, Reverie is only 80 metres in total, but what it lacks in size it makes up with eco efficiency and a customisable fitout.

The open-plan layout blends the interior spaces with the exterior decks. Rooted in sustainability, the decorative timber elements are crafted from only the sexiest woods such as maple and tesumo.

The definite highlight though is the three-deck wellness and spa 'experience'. It's not a series of rooms or even a special section of the yacht - but an entire experience, including an oversized gym, semi-closed pool lounge, shaded pool, beach club, and bar. A second spa is located down on the foredeck, with a third on the upper deck – guaranteeing there won't be any arguments between guests



over sun loungers or yoga mats. In terms of accommodation, the options are win-win – the owner can choose either a suite with a private lounge, or a suite with a tranquil pool terrace. Good times indeed.

When it comes to performance, a hybrid diesel-electric propulsion system is at work, capable of running on low-carbon biofuels to please the environment, and equipped with variable speed generators, to increase efficiency and sea smoothness.



Because demand for these valuable vessels has soared recently, Oceanco had no choice but to create their Simply Custom Collection, an app/program that allows the well-off one-percenters to select their new customisable toys ahead of time, from numerous proposed upcoming builds.

So far, 17 custom superyacht concepts have been released. For those keeping count, Reverie is the 18th, and easily our favourite of the flotilla.











BRING THE FIRN

Mach-ing it to the metal – piper unveils the fury, fastest single-engined prop plane ever... By BI

By BILL VARETIMIDIS

he Piper Aircraft family began way back in 1983, when it launched the Piper Malibu – one of the fastest propeller planes that impressed back in its day. Today they still slay, announcing the Piper M700 Fury – the fastest single-engine propeller plane that exists.

Joining the M600, M500 and M350 in Piper's M-Class range, the Fury comes with a massive engine upgrade, longer wingspan, greater range, and improved avionics.

That engine is a Pratt & Whitney PT6A-52 that offers 700 horsepower - hence the creative name. Thanks to this extra boost, the 700 has

shorter takeoff and landing distance than earlier models, but also has a climb rate of over 2,000 feet per minute, hitting its service ceiling in less than 15 minutes.

Despite its impressive range of 1.849 km, its biggest brag is its 557 km h max cruising speed, making it the fastest single engine Piper you can







system, an even more popular product. Owners can also use Garmin's PlaneSync, which enables With no less than six interior schemes, plush interior with premium leather, and customizable

It's only a matter of time before it wipes the sky with the popular Pilatus PC-12.











elbourne has long been billed as a 'great place for a race', referring to its annual gig (pandemic excluded) to host the Formula 1 Australian Grand Prix since 1996. And 2024's edition certainly delivered, with near-perfect weekend-long weather, another record crowd, and new winner in Ferrari's Carlos Sainz that has brought much-needed life to the 2024 season.

For Sainz, who led home his teammate Charles Leclerc for Ferrari's first one-two since Bahrain 2022 and first in Melbourne for two decades, it was nothing short of superhuman – coming just two weeks after an emergency appendectomy that sidelined him at the previous race in Saudi Arabia.

Sainz, who started on the front row, showed his pace from lights out – when he passed the polesitter, Red Bull's Max Verstappen, for the lead at turn nine on lap two. And he stayed in control once the Dutchman retired with brake failure just two laps later to break Red Bull's winning streak for the second time in 10 races. It was a massive confidence boost for the soon-to-be-

unemployed Spaniard, who will be replaced at Ferrari by Lewis Hamilton next year.

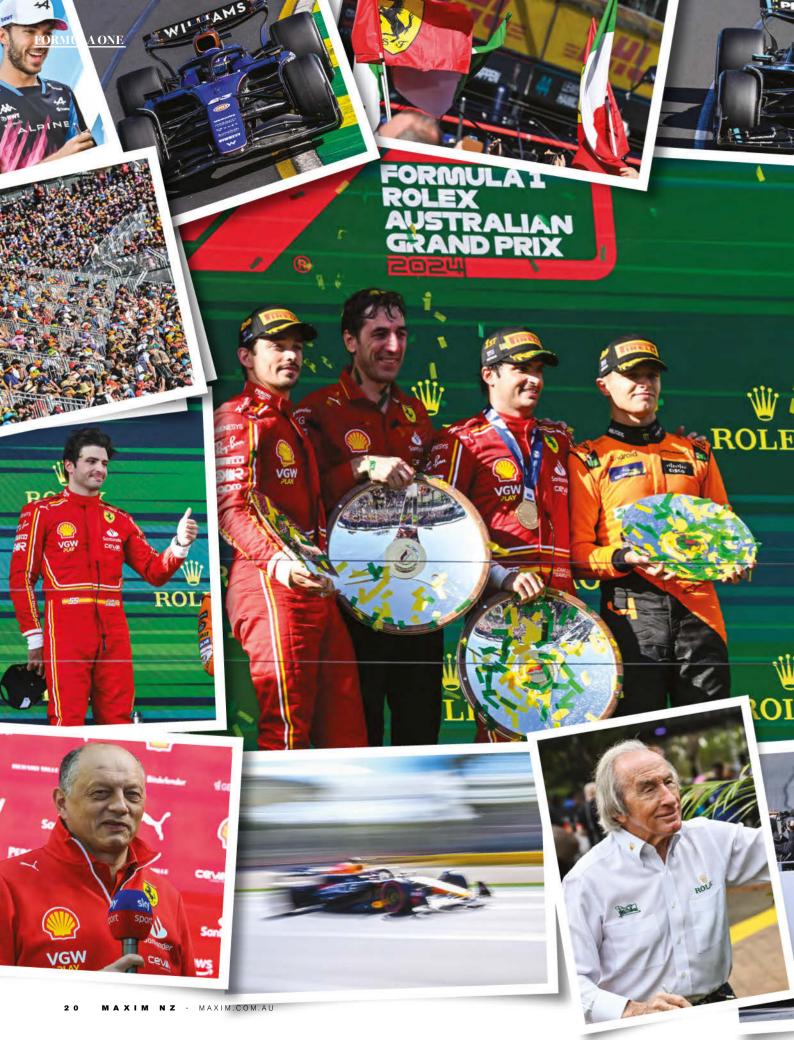
"I felt really good out there," Sainz said. "Of course, [I felt] a bit stiff, especially physically. It wasn't the easiest [race], but I was lucky that I was more or less on my own so I could just manage my pace, manage the tyres, manage everything. "Life sometimes is crazy,

















you know. What happened at the beginning of the year, then the podium in Bahrain, then appendix, the comeback, the win, it's a roller coaster. But I loved it."

It was a disappointing race for Ferrari protégé Leclerc, despite earning a bonus point for setting fastest lap, having to again see his teammate storm to another victory for the Prancing Horse since his last in Austria 2022. "From FP1, we knew pole position and the race win was possible because we had very good tyre degradation, and very good pace," said Leclerc, who knew he was at a disadvantage starting fourth on the grid.

McLaren's Lando Norris completed the podium in third, but it was an unpopular

one for local fans who were robbed of seeing his teammate Oscar Piastri become the first Australian to stand on his home podium, after the squad ordered him to let the faster, more experienced Brit past. Piastri, rightly hyped as a future World Champion, was magnanimous at the flag, having finished fourth – with the Melburnian biding his time. "A good result for us," Piastri said. "I think the [race] pace was good the whole way through. I struggled a little bit on the first set of hard tyres, I just grained them a little bit and then had a little bit of a moment."

The weekend even finished with a bang, and we're not talking about The Presets, who were onstage after the race – instead Mercedes's young gun George Russell, who went into the wall on the final lap (for the marque's first double retirement since Austria 2018, after Lewis Hamilton suffered a power unit failure on lap 17). Russell's crash followed a heated battle with Aston Martin's Fernando Alonso, for which the Spaniard was controversially penalised post-race.

All in all, it was an epic weekend whether you were trackside, in the pits, in the crowd or at one of Melbourne's many watering holes enjoying the big race. The city sure did put on another cracking world-class event, which was almost as big as the MAXIM F1 GP Drivers after-party at Ms Collins. Almost. We can't wait to do it all over again next year. Thanks again for having us, Victoria.







ax Verstappen had a torrid time at last month's sold-out Aussie GP. In the week leading up to race day, he faced an intense grilling from the world's media; with rumours he was on the cusp of switching to rival Mercedes with his dominant Red Bull team allegedly in tatters. Then on Sunday, Verstappen was out of the race on lap four with his right rear brake stuck on, ending dreams of a 10th-straight win that would equal his own astonishing record set just last year.

"It is unfortunate about what happened today, but we can see so far in the data that as soon as the lights went off the right rear brake just stuck on and locked," Verstappen said at the time. "It was basically like driving [a car] with the hand brake on so, of course, the temperature just kept increasing, and then I could see smoke appear

as it had caught fire. We knew a day like this could come at some point, so we need to be proud that we have had a great run with nine races in a row."

But, while fans missed out on an intense head-to-head on-track, the media got it off-track on the Thursday ahead of the race, with news Verstappen was allegedly negotiating a shock early exit

from his current deal (ending in 2028) to join Mercedes. Why, though, would the champion give up his dominant, race winning drive? The Dutch megastar was, therefore, surrounded at his usual pre-event catch-up, who quickly plonked their audio recorders and phones in front of him to grab the juiciest of stories. In the end, Verstappen denied he'd leave his Red Bull home, but the grilling, with MAXIM Australia present, makes for a stunning read...





DETRE HAS



We all want the same, and we want to just perform on track, so that's what we want to focus on as a team. The problem is also that it's not only within the team, but from the outside a lot of speculation is happening, right – and that is something that you cannot control. The only thing you can control is, of course, we just focus in the same direction within the team, and I feel that is what we are doing.

How satisfied are you with the way the team has handled the controversy over Christian, and does it affect the way you feel about yourself in the team?

Well, from my side, I think I don't want to be too involved with these kinds of things, because at the end of the day I'm the driver and I'm here to look at the performance side of things to make sure that, you know, that's what I'm hired for. But from what I know, everything is handled in the right way and I'm not going into any further details on that side because I don't know more than that, and I also don't want to know because that's not my job or my task within the team.

Does this ongoing issue make it more difficult to be focused; does it take energy from you?

Not for me because I very easily switch off and on from F1. I don't really think about F1 too much when I leave the paddock. I know what I have to do. But I also know with so many races in a year it's also important to also just come home and think about other stuff and be busy and working on other projects of mine, where I have a lot of passion for. For me at least it works, I don't know for other drivers that are a little bit different, but let's say for all the things that have been going on, it's very easy to jump back in the car and perform.

Does it make it more peaceful to get in the car?

Peaceful doesn't matter. So many great people also in the garage, for example, that has never changed, everyone has been focusing in the same way, clearly as you can see with the results that we've had in the team. We would have loved to have more talk about our car, probably yes, but we'll just try to keep on working on the performance to keep winning.

You're on a long deal where you are. Will you remain at Red Bull all those years, through to 2028?

That's why I, of course, signed the deal in the first place. And what I've said before, I'm happy within the team and it's very important that we try to keep the key players for a longer period because that's where the performance is as well. At the end of the day, it's a performance business. It's the same if I wouldn't perform, I wouldn't be sitting here. So, I know how that works. But, for sure, with the deal in place, that is also my intention to be here until the end because it would be a

great story for me personally to just see it out until the end. It basically means that I've been part of one family, and one team.

Who are those key players?

I'm not going to name, because then people know.

Do you feel as comfortable in the team as you did, say, six months ago?

Yeah, I always felt comfortable because it's like a second family. In a family there might sometimes be, I would just say not disagreements, but as you know in families, you can't choose family – you can choose friends. It's good. It's been the same, and we just focus on the performance. Like I said before, I would like the chat to be a little bit more about the great car that we have, but hopefully that will come slowly.

Toto [Wolff] said at the end of the last race that he'd love to have you at Mercedes. Does that have any impact on you?

I can understand. It doesn't have any impact on me, of what I would do or whatever. I mean, it's always nice to hear that, but Toto and I have had our little moments – that's normal between two teams as well, battling for championships. The respect has always been there, but it doesn't change anything.

Would you ever join Mercedes?

What year do you mean?

Any year.

I don't know. After 2028 happens I don't know if I'm going to stay in F1 or if I'm going to continue. Maybe I'll sign a new deal, I don't know that yet.

There's been a bit of speculation about the strength of the Red Bull powertrains [project, starting in 2026] and it might be one reason you want to leave before 2028. How confident are you in the powertrains project?

alive tomorrow, right? I don't really worry about that too much, but I'm also in close contact with Christian [Horner] about it, and the people working there. Everyone is working flat-out, so there's no need to panic about that as well. Also, it's still not 2026 and we know that it is a very big task. We don't take that lightly and with so many established engine manufacturers, we don't think it's going to be easy to beat them. We have a lot of good people working on the project and I'm very excited about it, so time will tell where it's going to be.

Do you see a role for yourself in helping the team stick together?

It's a lot of people that have been contributing to the success of the team from the start, and that of course needs to be respected. So, I think in general with successful teams that when you have a good core of people it's important to keep them all together, happy and in the same roles.

Everyone in F1 thinks you're invincible at the moment. Does it feel that way to you?

I don't really think about being invincible. Of course, as a driver you always have to believe that you're the best on the grid. But, at the other end, I'm also not really worried about thinking that way, like I'm just enjoying myself. I feel good with the car, and I guess that's

"I don't really think about

being invincible. Of course,

as a driver you always

have to believe that you're

the best on the grid."

enough. I mean, I know when I get to the race weekend I always try to do the best I can, I try to really maximise everything that I can and of course when you then have a great car you are able to do great things.

The last time you didn't finish the race was Melbourne 2022. How does it feel to have such a reliable car? It hasn't always been like this in the past. I also don't want to really think

about it too much or change it. I think the last two-and-a-half years has been pretty incredible from the team side with the reliability and of course we want to keep that going. That's, of course, what we are all working on. ■





DON'T BE ANTI-SOCIAL

FOLLOW MAXIM NEW ZEALAND EVERYWHERE

- ff /maximmagnz
- @maxim_aus
- @maxim_newzealand
 - /maximaustralia

WWW.MAXIM.COM.AU



NOT JUST A MAGAZINE

WAITING AN ENTIRE MONTH FOR OUR MAGICAL PUBLICATION TO ARRIVE IN SHOPS CAN BE EXHAUSTING. THAT'S WHY WE OFFER YOU A LOT MORE THAN JUST THE INK AND PAPER IN YOUR HANDS RIGHT NOW...

MAXIM.COM.AU

Visit MAXIM New Zealand online for your fix of girls, entertainment, sport, tech, lifestyle, competitions, and the web's hottest video content. Well, the hottest content that doesn't involve the words "feeder fetish webcam". We know you'll totally search for that after you read this.

MAXIM NEW ZEALAND DIGITAL EDITION

Get with the times, you Boomer loser. Our digital edition on Zinio is exactly the same as the print edition, and available for Apple, Android, and PC devices. Go to zinio.com.au to either buy a single edition or subscribe for 12 months.

WWW.MAXIM.COM.AU/SUBSCRIBE-DIGITAL



as the nation's first racer. MAXIM spoke with the Sauber driver about Shanghai, and his 2025 drive...

Bu STEWART BELL

hou Guanyu is China's first-ever Formula One racing driver, with the 24-year-old now in his third year of racing at the pinnacle of motorsport. However, 2024 is a special year for him, given the return this month of his home race - the Chinese Grand Prix - for the first time since 2019. Guanyu is a champion of the junior categories (Asian F3), and he took third in feeder series F2 in 2021, before joining the grid the following season. He has stayed with Sauber ever since but is now looking for stability and isn't afraid to look at switching teams for a longer-term contract.

Taking the grid in China, though, will be almost as good as winning in F1, given Guanyu grew up watching the sport from the main grandstand at the Shanghai International Circuit - right from its inaugural F1 event in 2004. And he's been pushing for glory ever since.

The Chinese Grand Prix will be your first race at your home track. How are you feeling about it?

Yeah, everything is very fresh and exciting. Going back there will be a very normal weekend from Thursday onwards. Then when I finish the Grand Prix, it will be a sensational moment because I grew up watching the first ever race happen there in 2004, and I was

at every single race there until I was racing abroad at 13. I couldn't get the time to get back for the event since, but I always try to be back at the track. Then, I was a fan boy supporting Fernando Alonso and now we are racing together at the Chinese Grand Prix. It's a great story and it will be a great emotional weekend for me. So, yeah, excited for that.

What do you remember from your time in the grandstands?

I remember exactly where I was sitting every year, being a similar spot.

The first year I was actually very close to the entry of turn one, but most of the time I was in the main grandstand, because you can pretty much see turns one, two, three and turn five a little bit as well. I loved sitting there, just to be able to see the garage. When I was a kid I had binoculars and I could zoom into the garage, and it was really exciting to see what was going on behind the scenes and dreaming to be an F1 driver one day. So that's what got me the dream to be in F1, watching the Grand Prix.

Last year we came close to China's return, but the event was cancelled before the season due to COVID restrictions. How tough was that for you?

That was quite a tough moment because I was following what was happening. Because of the restrictions we still had in the country I knew it was not going to be easy, but there was still a 20 per cent chance it would happen. It became tricky when I learnt everyone would have to be in quarantine, at that point I knew it was not going to happen. I was a bit upset just because obviously I had been in F1 for two years already and I'm the only driver from China, the first driver, who would love to race at home, and it hadn't happened. But I'm still glad to have made progress in my career, to still have a seat, and now we're going home and making sure it's a good one.

China has opened up to the world again, following the pandemic. How important are events like the Chinese Grand Prix?

It's super important because, for example, when we had the Winter

Olympics Games, skiing and snowboarding became a massive topic and stepped up as something people love to do as a hobby. And I think that is exactly what having the Grand Prix will do, having this massive event hosted at home in Shanghai. It's a massive city and they can experience it for themselves at the Grand Prix, to feel the atmosphere and adrenaline in F1, which will build that interest in F1 and motorsport.

What's it like when you go back to Shanghai, are you a megastar there?

Yeah, it's always been quite tough to get around, but in general I think after the Grand Prix it's going to be even worse for that. I'm happy as long as it means people understand who you are, and it builds the motorsport following for Formula One. So, it's good for me. I have a lot of stuff planned for the Chinese Grand Prix to engage with the fans. Hopefully I can interact with the people who don't really get to see me because the tickets sold out so quickly.

What's the interest in China like for F1, and how important to China do you think it is to have a driver racing in an elite global series like F1?

The past few years or even past 10 years has been quite tricky. Obviously, it is a big event for everyone, China included, but people still don't understand what motorsports or Formula One is, and what it means to be one of the 20 drivers on the grid. But, overall, I think I did quite a good job in terms of getting the contract in Formula One, then helping to express a little bit for the fans back home, to understand



FORMULA ONE

this, and for me I think now people know a lot more technical stuff about Formula One, compared to what it used to be. I think how quickly the tickets were sold out tells the story of how much interest people have for this event. It's going to be very different to the last time there. It's been five years since the last one, so I'm just really excited for that.

How are you feeling about your season so far?

I think the racecraft from my side has been improved a lot. If you take out the Jeddah [cross-threaded wheel nut] issue I had in the pit stop, I would have finished quite comfortably in P11 or P12, because [Haas' Kevin] Magnussen did such a great job, and I had this gap. Obviously, Bahrain was P11, but no top five teams retired. It's tough for us in the midfield, because the difference between top five teams – what they have in terms of performance in the car is such a big step compared to where we are. So, it's difficult for us in normal circumstances to score points, but they can make mistakes, so we need to take every opportunity possible. Of course, the pit stops are something that we need to improve, and it's about making actions so hopefully everything can be smoother.

You're one of 13 drivers out of contract at season's end. What are your plans for 2025? Another one-year deal with Sauber? Obviously, it depends on the offers, you know – and what's the long-term plan. I mean, as much as I'd love to be staying with Stake F1

Team [Sauber], I feel like a long-term contract is something I'm going to chase for my next contract. Having three years here as a rookie is a quite a nice thing to have, but from my third year, fourth year onwards, it's right to say I'd like to have a longer contract, which can be a lot more settled down, together with development within the team and people at the factory. It's important to have the same crew with me to be able to have that massive influence into the project going forward.

Tell us about your home life away from the track.

To be honest, there's not much home life when you're an F1 driver. I'm based in London, and I've always been there since I was young and moved abroad to race. I originally chose the UK as they have the highest category of karting for young drivers and then a lot of teams were based in the UK. So, I just settled myself there and I'm really happy to stay there because everything is very familiar, living in the UK with the people I know. Obviously, we travel a lot in and out of different countries each weekend. And the team's factory is based in [Hinwil] Switzerland, so yeah, a lot of travel really.

What do you do when you're not racing?

I'm training a lot, of course, but then I split a little bit because you can't just train 24/7, really. There needs to be recovery time as well. I do go out with friends, love going to look at fashion and I'm designing some stuff myself. I love designing things in general, especially clothes.



"Then, I was a fan boy supporting Fernando Alonso, and now we are racing together at the **Chinese Grand Prix.**"







TIME FOR A SINGAPORE SLING

Take your love of the sport to the next level with a dream trip to the Formula 1 Singapore Airlines Singapore Grand Prix 2024. It's a perfect post-winter rev-up that promises a tropical climate, elite racing under lights, the hottest music acts on stage, and so much more. Last year's edition was one of the most exciting races of the entire season, a last lap thriller that saw Ferrari's Carlos Sainz hold off his former teammate, McLaren's Lando Norris, to finish just 0.812 tenths of a second ahead at the flag and break Red Bull's then-15 race winning hot streak (dating back to 2022). As always, the event is about so much more than racing – with music playing a big part. This year's acts are yet to be announced, but Robbie Williams, Post Malone, Kings of Leon, 88rising, Culture Club, Madness and Groove Armada headlined 2023's line-up, in which 139 acts performed across 13 stages. There's been no shortage of quality since 2008, with past headliners including Red Hot Chili Peppers, Muse, The Killers, Dua Lipa, Gwen Stefani, Calvin Harris, Ariana Grande, Queen with Adam Lambert, Imagine Dragons, Bon Jovi, Pharrell Williams, Swedish House Mafia and more. Beyond the track, Singapore is a dream to get around and the city-state is world-renowned for its cuisine, celebrating its Malay, Indian and Chinese heritage. You simply can't go wrong, whether you're booking five-star or budget, and all with just a seven-hour flight from Sydney or Melbourne, or five from Perth. Get on it.



The Formula One Singapore Airlines Singapore Grand Prix 2024 will be held from September 20-22. For more info go to singaporegp.sg







ello, Liz, congrats on your first MAXIM NZ cover. How do you feel?

Thank you! I feel so excited and honoured to be this month's cover girl. MAXIM has always been an exclusive and prestigiously recognised brand and I can't wait to show this to my friends and family.

The location for this shoot is La Luna Beach Club in Main Beach, Queensland. What was it like shooting here?

I loved this location for this cover shoot. Shooting at La Luna felt like I was overseas for the European summer. It really was such an amazing vibe.

You're wearing Wicked Weasel clothing throughout this feature. Tell us about your history working with them.

I actually did one of my first photo shoots for Wicked Weasel about eight years ago! It was in Byron Bay and I have such fond memories working with them as they are such an approachable team. They treated me with such care and were so accommodating - it's something you always remember and really stands out given the industry being pretty cutthroat. Oh, and I love their bikinis.

What do you love most about their range?

I love that all of their range has the most gorgeous fabrics which is hard to come across. It's a real talent to make lingerie and swimwear comfortable and feel great on your skin, too.

Well, you look amazing. When do you feel sexy?

Thank you! I'm a pageant girl who has been competing in swimsuit competitions for years, so I generally feel most sexy when I'm strutting my stuff on stage. It's a such a rewarding thing to do.



What is your best asset?

I would have to say my smile and that I am always happy, positive and smiling.

What would people be most surprised to know about you?

People who know me well insist that I was a builder in a past life - it's my hidden talent. I'm quite the handy woman.

Tell us a little more about yourself, your background and life story so far.

I have a very close family, I'm one of three kids with an older sister and younger brother, and very lucky as my parents are still happily married. I grew up on five acres so I was an outdoors kid and always participated in every sport I could enter. I was always a bit of a handful and could never sit still, so as I got older, I learnt to put my energy into things like competing in pageants and modelling - and I became hooked. I'm also a hairdresser by trade but as soon as I finished my apprenticeship I got into pageants and then modelling.

How did you get into modelling?

Well, a few years ago while I did some hairdresser styling for a photo shoot, the photographer on set asked me if I'd like to take some photos. This was closely followed by competing in a pageant. One thing led to another, and I became addicted to pageants and since then my modelling has taken me all over the world for the last 10 years.

What are three of your modelling career highlights so far?

I've been so blessed and had so many opportunities travelling around the world and living overseas, mainly in America, with my modelling. One of my top three highlights would have to be placing second, in the world, out of 74 women at the world finals of Miss Swimsuit USA International. I've also had multiple magazine covers and calendar covers in Australia and walked the runway for shows at the Carlton Hotel for the Cannes Film Festival in France. The other one would be filming an US show called Bikini Destinations over in Bali - it was such a great experience.



We hear you're now starting your own pageant company?

Yes, I sure am! My pageant is called Australian Swimsuit International and I'm the Australian Director of Swimsuit USA. I've lived and breathed the pageant industry for the last 10 years and worked my way to achieve some spectacular things you never think would be possible. So, I really wanted to guide other women into achieving these things through the pageants and modelling world.

When you're not posing for MAXIM, working, modelling or on social media, what else would we find you doing?

My everyday life is very busy running my businesses. I'm a bit of an entrepreneur, so I am constantly travelling for my work and I'm overseas a lot.

You have an impressive Instagram following. Besides the trolls and haters, what do you dislike about social media?

I must say my Instagram family has never really given me any issues. However, you always have someone who is so quick to point out any flaws you have. I also think it's wrong that Instagram spends more time banning bikini photos rather than banning people bulling others online.

Would you ever date one of your social media followers?

I guess anything is possible, right? I would prefer they didn't even know I had Instagram when meeting me, as I want them to get to know the *real* me.

How can a man win his way to your heart?

I look for a man with a cheeky smile and character, someone who is able to take the lead and be assertive and who also loves to travel and be spontaneous.

Describe your ideal date.

I would love to be taken to the airport with a surprise destination. A spontaneous date that requires a passport.

What's next for you? Any exciting projects on the horizon you can share with us?

My pageant is going to take up most of my time for now, but I have lots of exciting things to reveal down the track. I'll have a lot of international travel coming up, too, as well as appearances in a few international publications. So, stay tuned!













AUSTRALIA'S FIRST FLOATING BEACH CLUB

Nestled amidst the azure waves of Marina Mirage in Main Beach, Queensland, La Luna Beach Club stands as a testament to luxury and innovation in event hosting. A marvel of modern engineering, this floating pontoon venue redefines the concept of seaside gatherings, offering a helipad and superyacht arrivals for an unparalleled experience for those seeking to celebrate life's moments in styvle.







Are you ready to elevate your next event to new heights? La Luna Beach Club invites you to embark on a journey of luxury and indulgence, where every moment is a celebration of life's beauty. Contact us today to inquire about hosting your event at Australia's premier floating Beach club.

LALUNABEACHCLUB.COM.AU

LOVE, LUST & MICRO-BIKINS

How daring designs from Down Under are transforming sex between couples worldwide...

emember the raw, unfiltered passion that had you both racing to the bedroom? It's time to bring that back. Australian retailer Wicked Weasel has been putting sex back into relationships since 1994 with red-hot bikinis, lingerie, clothing and activewear.

As the proud inventor of the micro-bikini, you'll be hard-pressed to find swimwear tinier than Wicked Weasel's. Not only are their bikinis cut dangerously small, but the fabrics push boundaries in the most heart-stopping fashion.

Take for instance The Sheer Vision & Bare Vision Bikini Ranges, which go see-through when they get wet! Watching your woman emerge from the water in one of these bikinis is like experiencing a wet T-shirt contest on steroids.

Another all-time favourite that's not to be missed is the Mega Mesh Range. With its giant open weave, swimwear doesn't get much kinkier than this. If lingerie isn't suggestive enough, Wicked Weasel takes it up a notch. The best-selling Daisy Lingerie is made of fabric transparent as crystal-clear water on a pristine beach. You may be up for some experimentation. But let's discuss the elephant in the room:

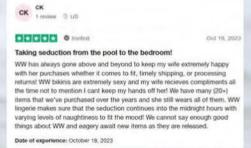
would your woman wear any of it?
When it comes to women's body confidence, it seems Wicked Weasel has discovered the "magic sauce". Skimming the brand's Trustpilot review page, men share how when their wives step into a micro-bikini or slip on a sheer minidress, it transforms the way they view themselves.

One reviewer writes: "After having children, my wife really struggled with self confidence... That all improved when I discovered Wicked Weasel. It really is incredible how wearing a micro thong instantly boosts her confidence... I am so grateful."

Could the secret to curing body insecurity be as simple as wearing as little as possible? The 1000+ success stories from their global cult following seem to suggest that could be the case. The verdict seems to be that whether these women are wearing their naughty bikinis in the privacy of their backyard hot tub or daring to strut their stuff on public beaches, Wicked Weasel women report feeling empowered, desired and incredibly sexy.

So how can you introduce Wicked Weasel into the bedroom? Here are two solid avenues...

- GO WITH THE SURPRISE GIFT APPROACH: Pick out something that makes you scream "yeah baby!" and use the 24/7 Live Chat Feature to speak with our Bikini Experts so you nail the sizing on the first try.
- TURN THIS INTO A SEXY SHOPPING DATE NIGHT:
 Pour her a glass of her fave bubbly, sit her on your lap, open up the laptop and browse WickedWeasel.com together for something that piques her interest.







Join the Wicked Weasel revolution today and discover how wild things can be!

Scan The QR Code Now To Claim Her **FREE***

Pair Of Wicked Weasel Lingerie Panties Today

*JUST COVER THE MODEST SHIPPING & HANDLING FEE TO GET THEM TO YOU. ONE PER SHIPPING ADDRESS, AVAILABLE WHILE STOCKS LAST.





The ITALIAN JOB

Sydney-based Brando Shoes have been crafting fine Italian footwear since 1988. We sit down for a chat with the brand's founder **ROCCO MASCITELLI** to talk three decades of shoemaking innovation...

By REILLY SULLIVAN

occo Mascitelli is a firm believer that "a good pair of leather shoes should last for years."
As the founder of Brando
Shoes, Mascitelli has a wealth of knowledge and expertise honed over decades working between Australia and Europe on his company's footwear. He established Brando after cutting his teeth in the shoemaking region of Marche, Italy, a place he first visited as a teenager thanks to his father's shoe importing business.

"My father was a tailor by trade, and he had the idea of importing shoes into Australia about fifty years ago," he tells MAXIM. "It's my passion, Brando has been part of my life since 1988 and I've lived and breathed it for all these years." More than three decades later, Brando offers timeless styles that form the foundation of the modern man's wardrobe. "Everyone needs a Chelsea boot, a nice loafer and a nice sneaker," Mascitelli says.

We are sitting at a table in the firm's airy showroom in Sydney's trendy inner west surrounded by shelves of finely crafted Italian shoes. Mascitelli believes his company has thrived over the years because his shoes reflect a fine balance between "tradition and innovation". Unsurprisingly the Chelsea boot – long the quintessential day to night shoe in every Aussie bloke's wardrobe – is a reliable best seller. "This is the Chelsea boot everyone should have," he says, picking up a boot from the shelves behind us and clopping it down on the table. "It's something that's distinctive and if you make it properly it has all the elements of durability and will last forever."

As we go through Brando's impressive oeuvre of styles, he pauses to point out details and traces the history of each shoe. "I love driving shoes, they're like wearing nothing," he says while examining a forest green driving loafer, before adding, "Ferdinand Porsche invented the driving shoe to drive sportscars and it's become a fashion item." Proving the durability of his shoes, Mascitelli gamely picks

up another loafer and proceeds to nearly fold the shoe in half before it snaps back perfectly without even a faint crease imprinted on the leather.

While the essence of Brando is steeped in loafers, boots and brogues that have stood the test of time, Mascitelli is also in the business of doing business, which means embracing change. "From when I started to now, it's evolved. We've had the sneaker revolution and that has turned footwear upside down," he says. Proving that distinctly Aussie ability to adapt, Mascitelli has responded to the disruption caused by sneaker culture by adding a line of leather sneakers to his collection. "We love fashion, we do sneakers and we try to apply to sneakers what we do in our other footwear."

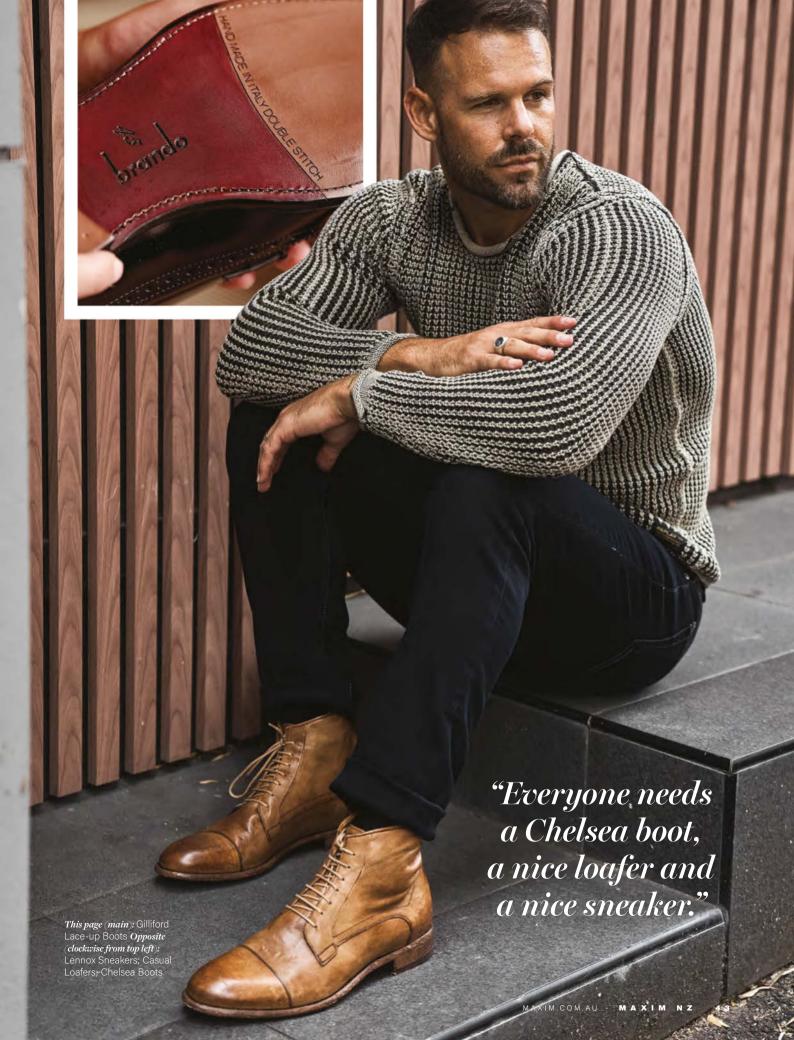
He continues, "Our footwear is slow fashion. It's all about owning and being part of our story and it's not about changing your shoes every two minutes." Since its inception in the late eighties, Brando has prided itself on ethically-made shoes that last for years, a relatively new concept in the ephemeral world of fashion. "Our philosophy has always been towards slow fashion and people are coming back to that and we're seeing a resurgence.

"Seventy per cent of our footwear is made in Italy by little factories, one in particular only does Brando – you can't get more ethical than that." The rest of his shoes are made in safe hands by cobblers in Portugal, Brazil and Turkey, three countries with their own rich traditions of footwear making. "We try to do everything that is environmentally friendly," says Mascitelli. "It's what we're all about – look at the shoes and you'll realise in everything Brando does, all the materials are veg tanned leathers, we don't use chrome-based chemicals. When you smell a pair of Brando shoes you can tell they're premium quality."











MEAULIBAN

Fashion flashbacks and exclusive tales from iconic artists and some of



n her latest book, prominent, best-selling author Alice Harris takes us on a photographic journey illustrating four decades of pop, rock, soul, disco, funk, punk, reggae, heavy metal and hip hop fashion. Sparkling sequins, safety pins and even suits from outer space are spotlighted in an unprecedented collection of over 80 images of legendary music acts by acclaimed photographers.

What The Band Wore traces the evolution of stage wear from the 1960s through to the 1990s, and this exclusive sneak peek showcases a handful of artists who thread together a fabulous celebration of fashion and music.

THE BEATLES

In 1963, John, Paul, George, and Ringo were ready for their close-up... and ready to send shockwaves across the globe. On the cusp of achieving worldwide success, The Beatles met Paris-based designer Pierre Cardin, whose Space Age themes revolutionised menswear in the early 1960s. He was also the first couturier to put a man on the catwalk.

"The Beatles came directly to me," Cardin recalled in Brooklyn Museum's Pierre Cardin: Future Fashion (2019). "I made them these suits at their request. It was at the beginning of their careers and, with these collarless jackets, of course they were going to stand out on stage." The band modelled Cardin's slimcut, sleekly tailored suits from his 'Cylinder' collection on the covers of 45 singles like "She Loves You" and "I Want to Hold Your Hand" and wore them during countless sweat-soaked performances.

"He's original," noted 21-year-old Paul McCartney, when asked about Cardin. "Groups didn't used to have this sort of jacket. We adopted this fashion." Photographer Terry O'Neill captured a playful moment of The Beatles in their Cardin suits, which local tailor Douglas Millings copied in several different fabrics and colours. The group's matching mop-tops also stirred a sensation, especially after their US television premiere on The Ed Sullivan Show in February 1964. George Harrison dubbed their hairstyle "the Arthur," inspiring a legion of listeners to experiment with scissors and combs. Modern bands like Oasis, One Direction, and K-Pop band BTS later approximated the group's shaggy-locked 'dos but it was The Beatles who set a thrilling new standard in rock 'n' roll style.



JIMI HENDRIX

Jimi Hendrix was a veritable kaleidoscope of fashion, from vintage Hussar jackets to feather boas. His style typified the Peacock Revolution that overlapped with his move to London in 1966, when British bands began incorporating a vibrant array of colours, patterns, and fabrics into their wardrobe. King's Road boutiques like Hung On You and Granny Takes a Trip catered to the stylistic whims of bands like The Rolling Stones, The Beatles, Pink Floyd, The Kinks, and The Jimi Hendrix Experience. Within two years of his return to the USA

in 1967, Hendrix developed a style all his own, customised by Florida-based designers Michael Braun and Toni Ackerman. For his encore appearance at the June 1969 Newport Pop Festival, he wore a silk Japanese haori jacket (a garment traditionally worn over a kimono) plus blue velvet bellbottoms.

His accessories were functional as much as fabulous – a head scarf curbed sweat and added a splash of colour. Ed Caraeff, who photographed Newport '69, plus the historic Monterey Pop Festival where Hendrix set his guitar on fire, describes him as "One of a kind... Jimi had the style, the swag, the coolness, and backed it up with the genius talent".

A month later, Hendrix wore the same haori for his US television debut on *The Dick Cavett Show*. "I bet you didn't wear this in the paratroops," Cavett quipped, noting the guitarist's stint in the 101st Airborne Division of the US Army. Sitting with the host, Hendrix exuded a unique combination of sensuality and confidence matched only by his guitar playing... and unequalled by any other musician.



KISS

Starchild + the Demon + Catman + Spaceman = KISS. With their respective characters, Paul Stanley, Gene Simmons, Peter Criss and Ace Frehley amplified the glam-rock aesthetic of the early '70s by pairing a high-volt-age musicality with elements of fantasy, science fiction and comic books. Group manager Bill Aucoin introduced the band to New York-based designer Larry LeGaspi, who'd already created the space-suit attire for Labelle and helped KISS coordinate and accessorise each character's uniform. "We weren't content to just stand there and strum our guitars," Gene Simmons wrote in KISS and Make-Up (2001). "We wanted to make a big splash.

"As the band became more and more successful, we got letters from people who were wearing our make-up. They started to get involved in the mystique. We soon realised that we had created alter egos. The fans wanted them, not us. They wanted Superman, not Clark Kent. We started to hide our real

KISS posing in suits on the cover of their third album, 1975's Dressed To Kill faces, which only fuelled the mystique." KISS toyed with the Superman/Clark Kent dichotomy, wearing business suits in Bob Gruen's cover photo for their third album, Dressed to Kill (1975). Shortly after the album's release, Gruen captured KISS in full regalia backstage at the Beacon Theatre.

"The effect this quartet has on crowds is quite startling," The New York Times reported at the time. "Perhaps it is KISS's kabuki type make-up, the fact that its four members hurl glitter around and have a controlled fascination with fire and smoke" (1975). "We really built these four images," Paul Stanley later shared in Classic Rock magazine. "You can go anywhere in the world and people know who KISS is, regardless of whether they know who those people are." Indeed, the characters that KISS introduced in 1974 have successfully conquered and transcended five decades of musical trends.

"We weren't content to just stand there and strum our guitars... We wanted to make a **big splash**." - GENE SIMMONS, KISS -



Simmons & Alice





ELTON JOHN

How did Reginald Dwight transform himself into Elton John? A designer named Tommy Roberts held the answer. Stationed on Kensington Church Street in London, his shop Mr. Freedom served up a wonderland of clothes. "It was like a beacon of hope for me," Elton shared with V Magazine.

"In the '60s, I was trapped inside the persona of Reggie Dwight. The fierce originality of his designs gave me the opportunity to reinvent and relaunch myself as Elton John in the '70s." (2018). The impression that Elton John made was so groundbreaking that Gucci modelled their Spring/Summer 2018 collection after many of his signature looks, including outfits designed by Annie Reavey, the first professional designer Elton worked with in the '70s. "She designed things I'd never seen before, intricately made outfits with lots of

Day-Glo colours that captured my spirit and my sense of humor," Elton said.

As the '70s progressed, he enlisted designers like Bob Mackie, Bill Whitten, and Tommy Nutter to create everything from sequin-trimmed evewear to towering platform boots. Photographer Terry O'Neill offered a peek inside Elton's closet during a 1975 photo session. "This all came about when I said, 'Why don't we go look at some of your collection. Maybe you could show me some of vour shoes?" O'Neill recalled in his book Elton John By Terry O'Neill (2018). "Little did I know what I was getting myself into. His closets were bursting with shoes, scarves and outfits - all the accessories a flamboy-ant star could wish for. And while some of the clothes were perhaps not my style, anyone could immediately see that he had great taste - in everything." Then and now, music's one and only "Rocket Man" could rock just about anything.

"I was trapped inside the persona of Reggie Dwight. The **fierce** originality of his designs gave me the opportunity to **reinvent** and relaunch myself." - ELTON JOHN -

The Bee Gees flashed three sets of milliondollar smiles in June 1979. Just weeks before commencing their North American tour, brothers Barry, Robin and Maurice Gibb summoned the excitement of their live performances in photographer Ed Caraeff's studio. They were arguably the world's biggest pop act. Their contributions to Saturday Night Fever (1977) had made the film's soundtrack the best-selling album in history at that time. They were also on the cusp of equaling The Beatles' record of charting six consecutive number one singles.

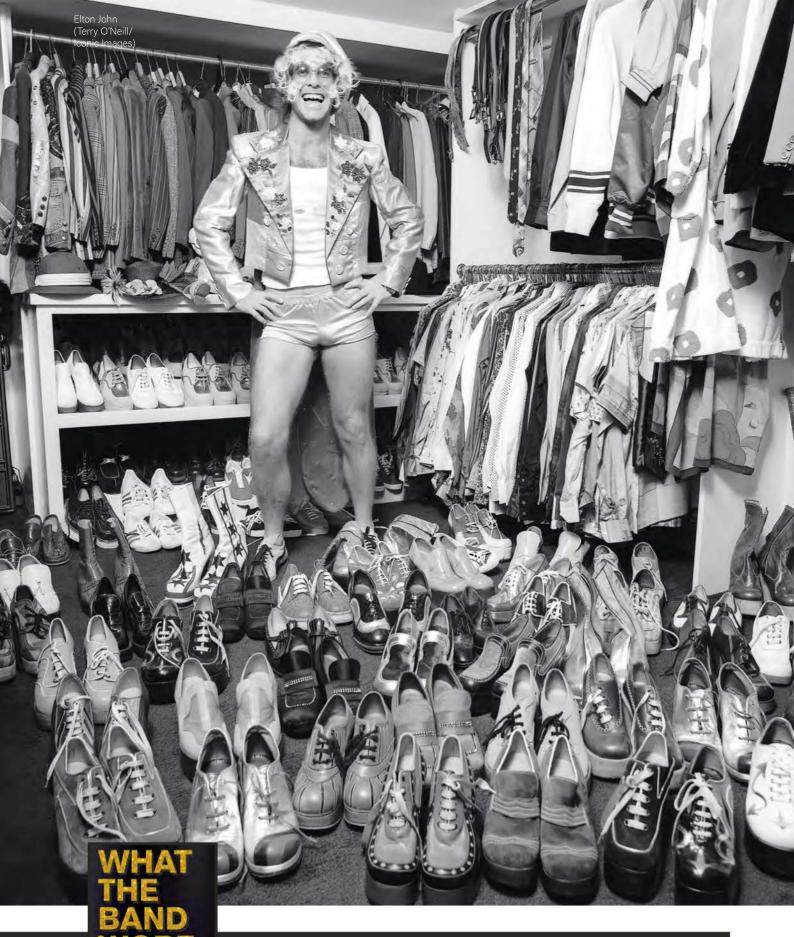
Their trim physiques filled out tight pants and satin bomber jackets like no other group. In a 1979 cover story, Rolling Stone magazine described the trio as "a tanned picture of near-angelic deportment," singling out eldest brother Barry Gibb's "chiselled



bronze visage, snug-fitting leather and satin outfits and hairy, medallion-festooned chest" as a symbol of the group's impressive evolution from composers of baroque pop in the late '60s to stylishly attired megastars. "His grace, canny charm, and utter confidence became the hallmarks of The Bee Gees' metamorphosis."

Reflecting on the stylistic impact the group made in the '70s, The Guardian noted, "The Bee Gees took glam rock's feminised

masculinity one step beyond, gave it a disco spin and became synonymous with glitter balls, illuminated dance floors and enough man-made fibre to light up Manhattan with the static discharge". Even when Justin Timberlake and Jimmy Fallon parodied that aesthetic on Saturday Night Live, there was clear admiration behind their playful characterisations. To this day, the Bee Gees' satiny style and windswept harmonies remain shining exemplars of the era.



This is an edited extract from WHAT THE BAND WORE: FASHION & MUSIC (published by ACC Art Books, \$85.00rrp) available at fine book stores and Amazon

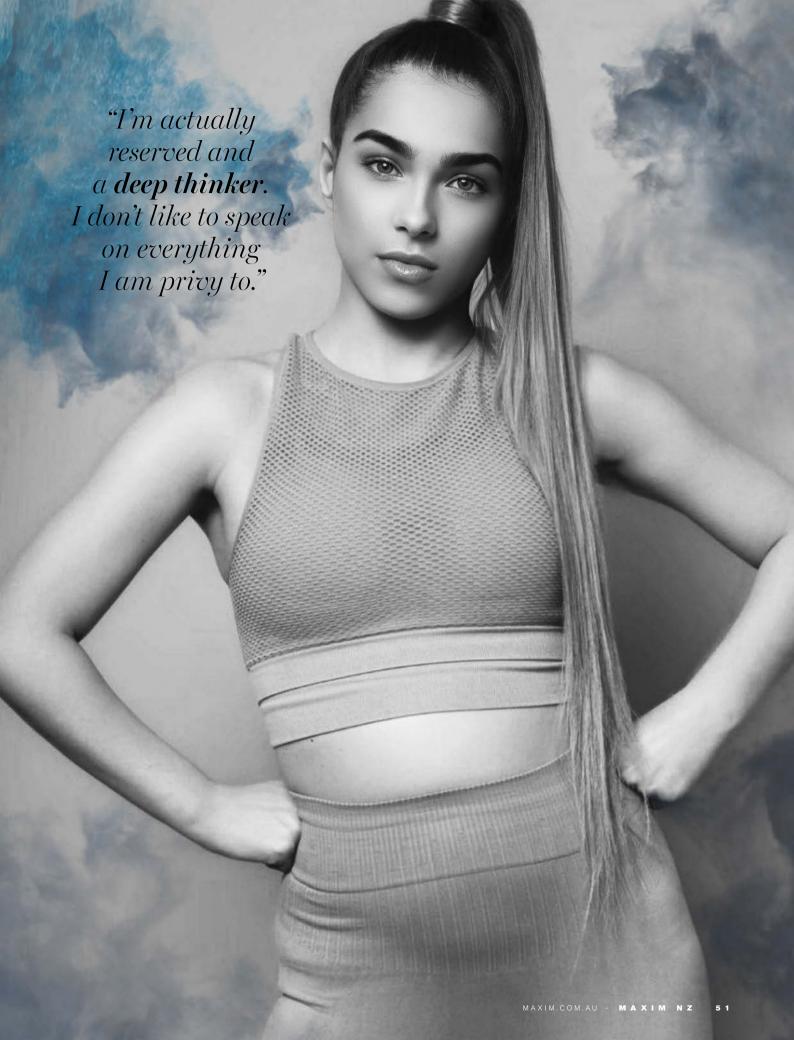
WARRIOR



PRINCESS

Get acquainted with model, dancer, singer, budding actor and human rights activist **LEILANI KRISTINA**...

Photography by LIZ LINETT & UDO SPREITZENBARTH



wning your photo shoot, Leilani, nice work! Tell us a bit about yourself.

My background is of mixed indigenous descent from Kaneohe Bay, Hawaii. I am a naval officer's daughter; therefore, I moved around a great deal. I have a background in and keep up with classical dancing and singing and I'm a Lived Encounters activist against gender-based violence and human trafficking. I'm also a human rights activist expert, including indigenous rights.

What is one thing that people be most surprised to know about you?

I'm actually reserved and a deep thinker. I don't like to speak on everything I am privy to.

What is your best asset?

My best asset is my mind and my soul.

Physically, it is either my hair or eyes.

What have you learned about men?

They can be vulnerable, like women.

Which women do you respect?

There are women I admire for their careers and strides in life. I admire the music and career of Mariah Carey and Jennifer Lopez, survivor activists such as Nadia Murad, the late Nancy Wake, Tina Turner, Brook Shields, Pink. Models like Adriana Lima and I respect Viola Davis, too. I have a great deal of people I respect. I admire them for their tenacity and overcoming challenges in life.

What is your motto in life?

I live by two motto's – what doesn't kill you makes you stronger and it is better to light a candle than curse the dark.

"What doesn't kill you makes you stronger and it is better to light a candle than curse the dark."

When do you feel sexy?

I think of myself as sensual and empowered.
I am most sensual and empowered when
I'm dancing – whether it's belly, classical,
modern or contemporary dancing.

What do you look for in a man?

Loyalty is huge – that's numero uno.
It would be nice if they have the same spiritual and moral beliefs I do, are respectful, intelligent and I think artistic in some form is important, too. Good-hearted, honest, protective, stable, humble, supportive.

Describe your ideal date.

I come from ocean regions therefore anything rooted at the beach I'm good with. I'm not high maintenance, needy, nor demanding.

What's next for you? Any exciting projects on the horizon you can share with us?

I have several photo shoots coming up and music-wise I'm working on a single. Otherwise, there are a couple of roles I'm considering casting for on-screen and in theatre soon, and I'm also working on a film about my life.

Lastly, where would you like to be in five years?

I would like to be living in Hawaii, doing well in life, giving a hand to those in dire need of it, and doing what I love to do for a living – modelling, dance, music and anything human rights based, to help better the world.









the scenes of running lines with my mum – everything I said as Ari Gold, I said to her face – she had to sit there and take all the abusive language. She's an actress, a director and a teacher – she never flinched. I run lines with her to this day, she's incredible and inspiring to me.

stage. Behind

She's your best co-star.

She is. Yeah, she's played Drama, Turtle, E, all of them.

Speaking of the *Entourage* cast, you guys were practically kings of Hollywood back in those days. What was it like and how good were the perks?

You know, it's funny, I won the Fresh Face of the Year award at 37 years old. It's one of those things where it happened for me a little bit later on, and I was lucky enough to kind of not be a kid. I think when kids are famous, it's very confusing. So, I had been grinding for a while. You also have to understand it was also a different time – there really wasn't social media. So, I don't think I was as aware then as I would be now. Are there certain perks? Absolutely. You can get a better table and things like that, but I come from an acting family and the perks to me are being able to work. My father said success means having a choice in this life. And if you have a choice

"I have this horrible, horrible tick where I speak the truth as I know it and it just gets me into trouble."

of roles, then that's success. It doesn't matter on what level. If you're scrounging and doing a puppet show on the street, that's brutal. But you have options as an actor and that's true success. So, I'm very grateful to be a working actor and stand-up comic.

Have you ever felt like you've died on stage during a stand-up gig?

Yeah, I've bombed before. I bombed in front of a handful of people at this dive bar. It's terrifying and torturous and your instinct is to just get off stage, but if you can hang in there and somehow dig your way out, you're going to get better.

How does Jeremy Piven want to leave this world?

Oh, MAXIM, here we are! This is the good stuff. Wow, thank you. It's almost like being waterboarded. It's interesting. You know, it's hard to say – that's an existential question.

OK then, what's the greatest Jeremy Piven body of work that's never seen the light of day?

Now, that's a great question! Jamie Foxx wrote and directed, and I starred opposite him, in a movie called *All-Star Weekend*. Benicio del Toro is in it, Robert Downey Jr., Eva Longoria, Gerard Butler... and it's never seen the light of day. We need to get Jamie to release that.

What's the worst joke you've ever heard?

Let me see. The worst joke is... People compare Trump to Hitler. That's insane – Hitler had a plan.

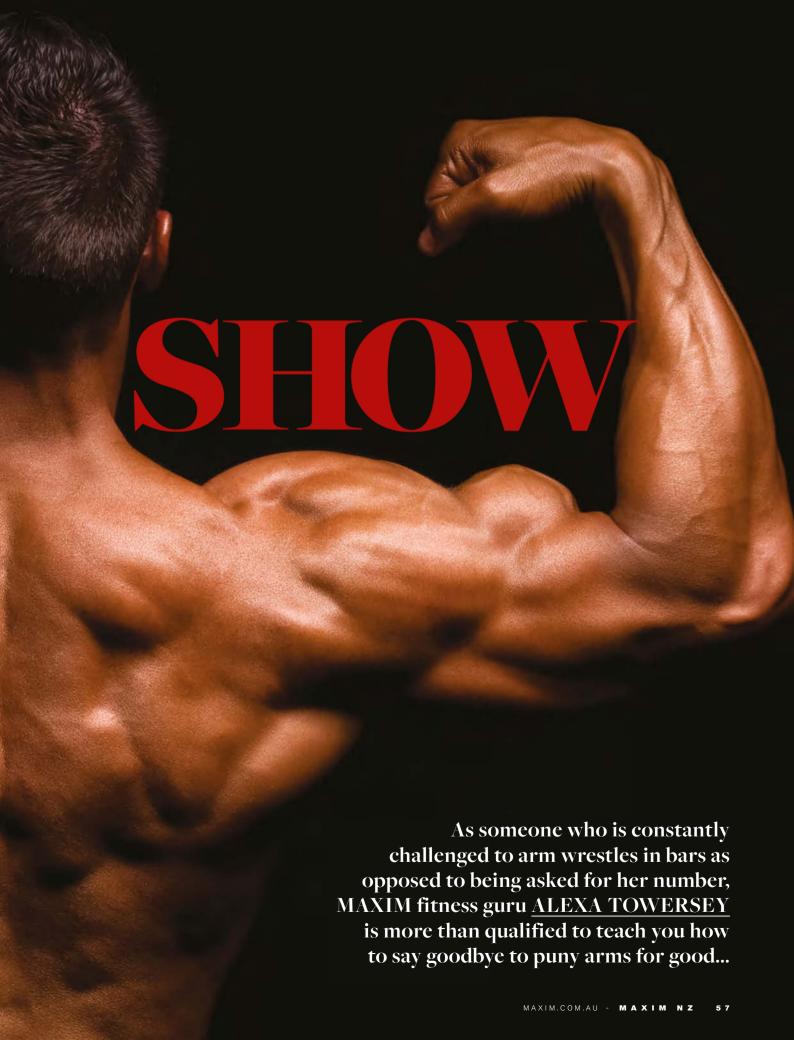
Before you go, your recent stand-up tour in Melbourne and Sydney was your first time visiting Australia. What did you think?

I loved it. The energy, the feeling, the people – just decent people, you know? I had a great time, and the coffee is incredible – you don't allow Starbucks, which is fantastic. I will say, though, that one of the national pastimes of Australians is taking the piss and they really value their humour. So, it was an honour to get up and perform for you, Australia.



What can audiences expect from your stand-up shows?

I'm all over the map. I tell a lot of stories about revealing who I am, to speak the truth on









BRINGING UP THE BICEPS

Before you start advertising The Gun Show, you should know how it's all put together. As the name "Biceps Brachii" implies, it is a twoheaded muscle of the arm — that's the long and short of it (literally and figuratively). The two bundles merge to form a single mass that is primarily responsible for flexing the elbow (bending the arm) and twisting the wrist (supinating the forearm). To a lesser extent, the bicep also helps to flex the shoulder (lift the arm). In a nutshell, to recruit the long head or outer portion, use a narrower grip with wider elbow position. To recruit the short head or inner portion, use a wider grip and narrower elbow portion.

ARM YOURSELF

It's easy to think of the biceps as prime movers doing curl variations and chin ups without actually respecting their role as stabilisers in movements such as rows, loaded carries and deadlifts. This is why it's not only important to do exercises that target and isolate the biceps, but also recognise the importance of increasing pulling volume as this will significantly increase your girth — of your upper arm, that is! Biceps and triceps grow well with, and can recover from, approximately nine to 12 working sets per week. So, even though the general recommendation is to work biceps every five to seven days, one of the best ways to jumpstart bicep growth is to hit them hard on three non-consecutive days per week for six weeks. There is no

secret variation of exercises and rep ranges. My favourite way to train arms is to perform a compound (multi joint) movement that recruits a lot of motor units, and then follow it immediately with a superior isolation exercise that also taps well into the motor pool unit. That way you get strong, you develop strength endurance and you get to chase the pump.

TOP TIP 1: THE FORGOTTEN FUNCTION

Start each curl variation with your elbows slightly in front of your body and finish with a slight shoulder flexion to make sure you nail all three functions of the muscle.

SUPERSET EXAMPLE

To make things super simple, each workout just change your grip.

A1. CHIN-UPS: 4-6 reps. 4010 tempo. 10 secs rest.

A2. SEATED INCLINE DUMBBELL CURLS: 8-10 reps. 3101 tempo.

Rest 3 mins. Repeat for a total of 3-4 sets.

The 10 secs rest between superset exercises is the time it takes you to transition – nothing more. It doesn't mean you get to take a selfie or check out the hot blonde across the gym floor. Keep it strict. The goal is to exhaust the biceps by preventing them from resting too long. You should note that you may have to decrease your reps on each set.

TOP TIP 2: STOP, IT'S HAMMER TIME!

Don't neglect the
Brachialis. Just like the
biceps, it's an elbow flexor
and due to its position
underneath the biceps,
it literally pushes the
biceps up as it gets bigger.
The best way to target
it is to include exercises
where the grip is neutral
hammer curls are
a perfect example.

HERE'S WHAT ELSE YOU NEED TO KNOW...

DON'T BE A HERO:

we've all seen those guys at the gym swinging weight around to get it up — don't be that guy. Fact: the biceps don't actually respond well to sloppily throwing around super-heavy weight and neither does the elbow joint.

MIND MUSCLE CONNECTION: make a conscious effort to activate the

conscious effort to activate the target muscle and visualise its action and appearance before you begin. Focus on flexing the muscle throughout the movement and really squeezing it at the peak of

its contraction — i.e. at the top of the movement on EVERY rep of EVERY set. The connection between your nervous system and muscles will help you to recruit as many muscle fibers as possible.

GET A GRIP: doing lifts with irregular objects that go beyond your classic dumbbell (think fat grips, fat bars, kettlebells, fat ropes, etc...) can make the biceps work harder and grow, in addition to increasing forearm size and improving strength and strength endurance in every other lift that involve holding weights.

ACCENTUATE THE ECCENTRIC: flex and tense your triceps on the way down. This doesn't just make sure you achieve full range of motion, but it makes the lowering part of the lift much more challenging. The eccentric phase is typically where the most muscle damage occurs and this, in turn, promotes the most growth (and soreness).

GET LEANER: stripping a layer of fat off your arms is the best thing you can do to make the muscles look bigger.

SHORT ON TIME: PUMP IT UP

If you only have very limited time to do a workout, 21's could be the answer and yes this is as simple as the name suggests. Grab a pair of DB's — I'd suggest selecting a weight 50% of that you could lift for 10 reps. Curl weights halfway up seven times, then curl the top range of the lift seven times. Finally, do the full range seven times — 21 painful reps in total for just THE ONE SET.

Now, go forth, enjoy the growth and make sure you get a license for those things before you bring them out in public! ■



ABOUT ALEXA

"Action Alexa" is an internationally published sports model, celebrity trainer and nutrition and lifestyle coach with over 15 years' experience in the health and fitness industry, and has worked with NZ's world champion rugby team, the All Blacks. She has qualified for the Ironman 70.3 World Champs and was named as one of the Five Toughest Trainers in Asia during her seven-year stint in an MMA gym in Hong Kong.



THE PURSUIT

MOTIVATIONAL SPEAKER, FIREFIGHTER, AUTHOR AND SURVIVOR, ADAM BLUM, SHARES HIS BACK-FROM-THE-BRINK LIFE STORY AND 10 WAYS TO LIVE A HAPPIER LIFE.

OF HAPPINESS

In his new book, *Easy Target: Taming the Black Dog*, Adam Blum shares how he experienced complicated health issues at a young age resulting in surgery, weight issues in his teens (he ended up losing 60kg) and relentless bullying into adulthood, which resulted in him trying to take his own life twice. But one phone call changed his destiny and Adam is still here to share his story to help others build their own inner strength and self-worth. Here, in this exclusive book extract, he shares the top 10 lessons he's learnt through his journey...

ou always have the power to change your outcomes in life and it must start with you. You alone have to want to make the change. It's got to come from within. When you embrace the uncomfortable and get comfortable with being uncomfortable, amazing

things happen. Here are 10 lessons broken down to use and implement in your life so that they may have a positive impact and help you, as they have helped me. I do my best to not forget these important lessons and to implement them in my daily life to maintain a positive mindset.

CONTROL YOUR FEAR

Fear is an unpleasant emotion caused by the threat of danger, pain or harm. It is completely natural to feel fear; however, if we do not control our fear, it will control us. It's easy to get caught up with fearful thoughts like, "I'm scared about what people will think of me" or "What if it doesn't work out?" Fear of others, fear of the unknown. These thoughts can be debilitating and can literally stop you from doing things or achieving goals that your heart desires. You must be willing to take stock of your fears.

EMBRACE THE LEARNING OF FAILURE

If you don't fail, then you are probably not even trying. With every failure we can grow as a person. Don't accept failure but understand that you may fail and that's a part of the process in real learning. Fall down seven times and get up eight times. A winner is someone who tried one more time than a loser.

BE COMMITTEE AND BE CONSISTENT

Without commitment you will never start, but, more importantly, without consistency you will never finish. Keep working, keep striving and dream big. Ease is a greater threat to progress than hardship. Keep moving and keep growing. Stay consistent even on the days that you don't want to get up and grind. It is important on those days to turn up and commit to the day. Commitment doesn't know that it's Sunday.

"You always have the **power to change** your outcomes in life and it must start with you."



NEVER STOP LEARNING

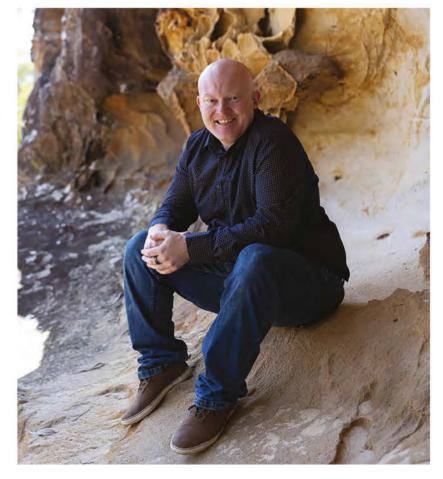
One of the biggest lessons I've learnt is to keep on learning. Be open to new things and new ways of thinking. Read books, listen to podcasts and don't shut yourself off to those who are different to what you are used to. If you want to live a life full of abundance, then you have to educate yourself. Learn, do and repeat. Apply lesson number three, stay committed and consistent to being a lifelong learner.

BUILD A SUPPORT TEAM

To perform at our optimum level, we need the support of a great team. It is very hard to tackle problems on your own. When we collaborate with others we can unlock new ways of thinking and have a new set of eyes on things. A good team of people around you will help you up when you are down. The right team will want to see you succeed and they will encourage you to keep striving and chase your dreams.

BEING MINDFUL OF MINDFULNESS

Learning to be mindful has been a real game changer for me. I am now very much aware of how my mind is feeling. If you are not feeling OK, speak up and ask for help. Throughout my journey I have reached out and asked for help at times, because I understood where my mind was at and that asking for help was what was needed. Being in tune with my mind helps me perform at my optimum level. Every day I commit 10 minutes to mindfulness before I face the world. I allow myself some time to be with my own thoughts and put my subconscious mind into a positive mode of thinking. I send out positive intentions to the universe. I repeat this practice at night. Mindfulness leads to a positive mindset and the feeling of being grateful.



BE PREPARED TO CHANGE YOUR HABITS

On average, it takes more than two months before a new behaviour becomes automatic -66 days to be exact. And how long it takes a new habit to form can vary widely depending on the behaviour, the person and the circumstances. In a study by Dr Phillippa Lally, a UK academic who researches habits, it takes anywhere from 18 days to 254 days for people to form a new habit. To form a new habit, you have to enforce the new habit and build it into your life. It has to become part of your day, every day. When you want to improve your physical fitness you have to form a habit to train. You may want to run a certain distance, but you may first have to start walking every day, then progress to a light jog every day, then build up the distance and speed day by day. The key is training every day until you form a new habit.

ABOUT THE AUTHOR Adam Blum is a motivational speaker, firefighter and author of the new book, Easy Target: Taming the Black Dog (Big Sky Publishing, \$29.99rrp). He is also the creator and host of a highly successful podcast, True Blue Conversations. Adam hopes that the stories within Easy Target will help others build their own inner strength and self-worth. Find out more at www.adamblum.com.au

Opposite page (top row from left): Adam with high-performance coach and friend Jo Jackson; With friends Brooke Strahan and Sarah Watson at the Husky Triathlon; Taking on the Husky Men's Sprint Triathlon last year; (middle row from left): Adam and his dad at Gallipoli on ANZAC Day in 2015; With his dad and brother Scott at the Hazelbrook ANZAC Day service in 2021; (bottom): Adam fighting bushfires in 2019 prior to having surgery; NSW RFS crew leader, Adam, leads Scott to his first firefighting experience at Falconbridge in 2021

YOU ARE YOUR ENVIRONMENT

There is an old saying that "if you hang around a barber shop long enough you are going to get a haircut". This saying highlights how your environment can impact your behaviour and influence your mindset. This can be a good thing or a bad thing depending on your environment. "If you are hanging around five millionaires you will become the sixth". I love that saying as it really reinforces how having positivity around you can assist with positive changes in your life. Be aware of your environment and who you are surrounded by. Our surroundings can influence whether we succeed or fail in life. So, choose your environment wisely.

















ALLOW YOURSELF TO DREAM

One of the biggest changes in my mindset was letting myself dream again. I now dream that anything is possible. Nothing is out of my reach. If you have a dream, then chase that dream and don't let anyone say you can't achieve it. To others, your dream might sound out there and unachievable, but that doesn't mean it is. Just because they can't imagine it being achieved doesn't mean it can't be. "Before you can achieve, you must believe." Protect your dream and don't let others rip it out of your grasp with their words and non-beliefs. If you have the desire to chase a dream, you will achieve it. It may not be achieved quickly, and it may take a lot of work and setbacks, but if you keep working towards it and not give up, you will achieve your dream. We all have the power to dream because we all have the power to change. It comes down to how much you really want to chase the dream and how willing are you to hold onto that dream when the times are tough. Will you be willing to stay up late and work towards the dream? Are you willing to get up early and do the things you don't want to do but are needed to make the dream come to fruition? Chasing a dream is not easy, but it can be amazing how far having a dream can take you.

KEEP THE FAITH

Faith is one of the most important parts of my personal journey. Understanding that God always has a plan and that he is there for me has not just been a game changer but also an eye opener in my life. Accepting that God does not make mistakes has made me ask God, "What is it that you know about me that I don't yet know?" Faith, whether it be in God or just some type of higher power, will see you through the tough times when you think you can't make it. I have learnt to hold the faith. God's timing is not my timing. God's timing is perfect. My faith has helped me along on this journey, because I know that I am never walking alone and that the universe understands me. My faith has helped me write my story. My faith in something bigger than myself has deepened my own faith in myself and what I am capable of. I know that God has great plans for me. I may not always understand the path, but I keep the faith, remembering that God does not make mistakes.

My journey is only just beginning. I am 31 years old and I still have a lot of living to do. I have a lot of learning to do and I have a lot of loving, laughing and giving back to do. The world is my oyster and it is your oyster, too. Go out and step into your spotlight and when the time is right, be ready to shine and share your own brilliance... our only limitation is the one we have in our own minds.



Agent Provocateur

CHRISTINE CHRISTINE

As we wait for Season 8 of Netflix reality TV show *Selling Sunset* to drop, we throwback to our chat with one of its controversial, sexy and sassy stars, and October 2020 MAXIM cover girl, Christine...

Photographed by CHRIS MARTIN Interview by SANTI PINTADO Make-up by JOSIE MELANO HAIR LAURA RUGETTI

uite the cover shoot for MAXIM, Christine, congrats! How does it feel?

Wow, this feels amazing! I've always dreamt of being on the cover of MAXIM.

Due to
COVID-19,
this shoot
was actually at
my house. Our home
is very modern so there
are a lot of really cool areas
to shoot with lots of bright light. I had
Britney Spears' "Work Bitch" on repeat
that day.

You look gorgeous. When do you feel you are at your sexiest?

Thank you. I want to be a bitch that exudes confidence and I want to encourage and inspire everyone to do the same. Confidence is the main component to being sexy. Be comfortable in your own skin. As long as you feel good, it doesn't actually matter what you are wearing.

What's your best asset?

My mind! I love to play dumb blonde, then shock people with my intelligence. Physically, I love my legs and hair.

What would people be most surprised to find out about you?

I have been fired from every corporate job – from Walmart to Taco Bell. I worked at many restaurants and I was actually the worst waitress in the history of waitresses. I used to car hop at Sonic and wear rollerblades to bring out the food. I probably got fired from there, too. LOL!

How did you get into modelling?

I started modelling when I was about 15. I would dream about walking in fashion shows and being on the cover of magazines. I started doing some work in commercial print then worked my way up to runway and fashion campaigns. I was in *Vogue* magazine at the age of 18.

You also star in Netflix reality TV series Selling Sunset. How did you get into the real estate business?

Like 99% of the population, I moved to L.A. to become an actress. I busted my ass daily to book TV shows, movies... and started my career doing extra work – anything and everything to get my name out there. I was doing really well, but got tired of being typecast as the ditzy/ blonde over and over. I have always been more than that and I wanted the world to know. I just wanted to be myself and be on camera – that's all I ever wanted. So, I figured until my rich husband shows up I better find a profession I loved.



Why did you decide to pursue a career in real estate?

I saw Jason and Brett [Oppenheim, brothers and founders of The Oppenheim Group where Christine works] living the life. They were working for who they wanted, when they wanted and I knew I wanted in. They were making huge profits off the sale of one house. It was fascinating to me that they could pay for a house with the sale of a house. I was money hungry and thirsty for experience, so I did everything to study, learn and set myself apart from every boring salesperson. Standing out has always been my expertise - Burgers and Botox was quite original, I must say.

Describe your experience on Selling Sunset so far.

It's been a wild ride - it has its ups and downs. I love that I get to just be myself and I love to make people feel something when they watch me. Whatever that feeling may be, you can't say I'm not entertaining.

Are you happy with your portrayal on the show?

I am the comic relief in this office of stale saltine bitches. Reality is an illusion. The show is made to seem as dramatic as possible. No-one goes home at night and is like, "Wow, they made me seem like an asshole, I am so happy with the outcome." I can't change anything and have no creative control, but there's always next season.

Do you have any regrets signing up to do the show?

Never, I get to share my life and career with people. I want to inspire every fan, follower and hater that you can do ANYTHING. I was an awkward teenager that used to work at Taco Bell in the middle of Texas - look at me now.

What's the toughest thing about being a real estate agent in L.A. and selling the Sunset area?

Initially, you have to build your clientele and your brand. The first several years is a struggle, but once you have time under your belt, and you build a network, the fun begins!

When you're not posing for MAXIM or filming Selling Sunset what do you do?

I love, love, love to travel. I'm currently on a yacht in Croatia overlooking the port in Havar. I love to embrace myself as a woman and express my talents in as many ways as possible. I take dance lessons once a week with a top choreographer to the stars and I recently started yoga. I also love journaling and reading. Since COVID-19, I have learnt to be the next Martha f—king Stewart – I have really embraced the housewife role. Well, minus the cleaning. I have embraced mostly just the lingerie and cooking bits.

What's the weirdest thing you've seen about yourself in the media?

It's always a surprise to see what paparazzi photos will pop up next to a salacious headline. I love when there is articles that are so wildly inaccurate. I once saw a "celebrity jeweller" guesstimate the size of my ring to be 4 carat. Needless to say, I was offended and had to set the record straight.

How do you handle any negative press, the social media trolls and other haters?

I have haters? Good, that means I stood for something! Brush off the haters – I don't waste time on negative energy. I don't ingest it nor entertain it. It's just not worth my time. You should only hate on people you actually know. If you don't have my phone number, you don't have the right to talk about my life.

How can a man win you over?

Very simple – be honest. Honesty is #1 in my book.

What have you learnt about men over the years?

They underestimate women. My ex told me I would never be successful because I didn't have a formal education. Send me some extra copies of *MAXIM*, I got some magazines to mail out.

What's one thing men should always remember about women?

Anything you can do, we can do better.

Finally, where do you see yourself in five years?

I want to start my own all female brokerage and my own lifestyle brand. In five years I see myself being the CE-HOE of my own company, aboard my mega yacht and in every major magazine publication. I want to run my companies while travelling the world. All things fashion and beauty are in the works.









2023: Real Hemp Plants placed all around Berlin Streets

2022: Cannabis Art Projected on Sydney Opera House.

Meed Balloon

2020: 2 pounds of cannabis delivered to **Prime Minister**

2021: \$420K Cash Shown Off at a mock-up press conference Parliament House Canberra

2019: 26 Ft **Cannabis Xmas Tree**

2018 Fake Cannabis Plants Hidde 1 All Over Sydney.

For nearly a decade, weed warriors WILL STOLK and ALEC ZAMMITT have been at the forefront of cannabis reform in Australia. From spearheading innovative campaigns to cheeky pot stunts, we take a look at their fight to legalise marijuana

Down Under...

2017 Fake Hydroponic Cannabis Grow -Downtown Sydney.

CHRONICLE OF ACTIVISM — STOLK AND ZAMMITT'S CAMPAIGN TIMELINE —

about: Cannabis Reform, Stolk and Zammitt's activism aimed to make bold statements that forced people to think about their country's relationship with cannabis, much like the other individuals listed above who played their parts in the cannabis activism arena. Here's a timeline of the work Stolk and Zammitt have done throughout the years:

HYDROPONIC

STOREFRONT ON **WILLIAMS STREET**

On April 20 2017, a storefront on the busy Williams Street was filled with a hydroponic cannabis grow setup with the phrase "Who are we hurting?"



pril 20 has been hailed as the High Holiday by cannabis culture, with individuals from around the world lighting up their joints, eating their brownies and participating in the most amount of weed smoking that happens every year. The term "4/20" as a symbol of cannabis culture originated in the 1970s with a group

of high school students in Marin County, California, known as the "Waldos". They made a code to meet at 4:20pm to smoke and go out on a quest to hunt for a patch of cannabis that was planted by a member of the Coast Guard, who thought it was too risky to harvest.

Eventually, this became a code they would use to talk about smoking or anything

cannabis related. The phrase exploded in popularity through the Grateful Dead community in the late 1980s and early 1990s, evolving from a time of day to a date – April 20 marked globally by gatherings and events. The evolution of 4/20 has been from one of pure consumption to a day to call for change to the legislation and perception of cannabis.



2018
CANNABIS PLANTS
ALL OVER SYDNEY



As a performative art piece to normalise cannabis, the Who Are We Hurting? team placed fake cannabis plants throughout Sydney City during the Hemp Health and Innovation Expo. The duo teamed up with the expo to launch this stunt.





Eager to make a statement, Zammitt and Stolk erected a nine metre-tall statue of a cannabis plant in the heart of Sydney city at Martin Place, in an effort to send a message to the Australiar government too big to ignore.

THE VANGUARD OF CANNABIS REFORM

STOLK AND ZAMMITT'S JOURNEY -

In the realm of cannabis activism in Australia, two names stand out for their unvielding commitment and innovative approaches -Will Stolk and Alec Zammitt. Stolk, originally a professional skier, and Zammitt, a graffiti artist, found common ground in their passion for cannabis reform. Their journey began individually, with Stolk's ski career and Zammitt's artistry inadvertently setting the stage for their future activism. Their paths came together as they recognised the need for a dramatic shift in the public and political perception of cannabis in Australia. Together, they embarked on a series of high-profile stunts to challenge the status quo and spark a national conversation about cannabis legalisation, even putting their freedom on the line in the process.





Dear Scotty,

We know you've been working bloody hard at the moment, so we wanted to give you something to help relax a little.

Please fix the cannabis crisis and replace organised crime with legitimate employment.

We are calling for a federal amnesty on cannabis, following suit with Australia's Capital Territory and other western countries like Canada. In this time of crisis, vulnerable people are being forced to travel unnecessarily in order to purchase medications from the black market as medical cannabis is unaffordable to most, especially during the current employment climate and the quarantine of millions of Australians due to COVID-19.

We hope and pray this care package finds you well.

With love from The Who Are We Hurting Team.



2020
PRIME MINISTER
CANNARIS DELIVERY

On April 20, 2020, Stolk and Zammitt delivered a prop pound of cannabis to Prime Minister Scott Morrison as a "peace offering" for the War on Drugs, along with a letter requesting that he legalise





2021

TAX REVENUE STUNT

The Who Are We Hurting? team partnered with Jenny Hallam and other groups to stage a performance art piece at Parliament House in Canberra. They presented \$420,000 as a symbolic figure representing the costs of cannabis prohibition enforcement and potential revenue from a legal cannabis market.





FROM HOLLYWEED TO THE OPERA HOUSE

SIGNATURE ACTIVISM STUNTS

Due to the illegal nature of cannabis across cultures and societies, activists around the world have employed creative and headline-grabbing stunts to help bring attention to the plight of the cannabis plant. In a world where attention is a currency, getting eyeballs to look means gaining traction for whatever cause you champion. The people who put their freedom on the line to make statements regarding cannabis' legality are the individuals who are memorialised in cannabis culture.

One of the most iconic cannabis stunts in history is the 1976 "Hollyweed" sign alteration in Los Angeles, California where Daniel N. Finegood used tarps to transform the legendary Hollywood sign to "Hollyweed". This stunt was re-enacted in 2017 by Zachary Hernandez, who decided to pay homage to the original stunt 41 years later.

In June of 1996, actor and cannabis advocate Woody Harrelson planted four hemp seeds in an effort to protest Kentucky's

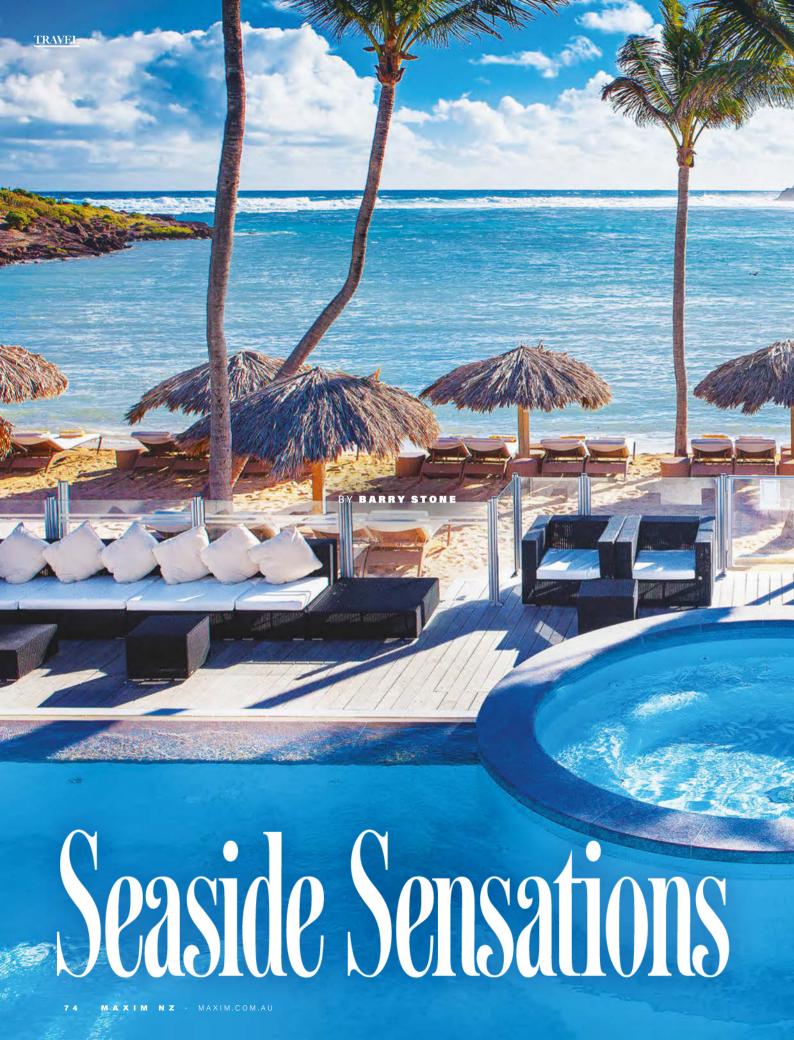


archaic laws that didn't distinguish a difference between hemp and cannabis. Harrelson informed the police of what his plan was and was promptly arrested for cannabis cultivation after putting the seeds in the ground.

In 2016, activist Dana Larsen launched the campaign "Overgrow Canada" which was an effort to give away 1 million cannabis seeds to Canadian citizens in an effort to push for legalisation. Armed with millions of seeds and 40 volunteers, the campaign planted cannabis all over the country and gave away an astounding 2.3 million seeds.

Whether it be The March for Science,
The Boston Tea Party or even The Protestant
Reformation, history has been shaped and
molded by the actions of a few bold people
who wanted to challenge the status quo. Stolk
and Zammitt's actions are helping push the
envelope on Australian cannabis policies
and will help to pave the way for Australia to
participate in the global cannabis market.









Doyles On The Beach

Situated on one of the most picturesque beaches, inside the world's finest natural harbour, Doyles on the Beach was Australia's first seafood restaurant. Opened in 1885 and to this day has always been owned by multiple generations of the same family. Doyles encompasses every childhood ideal, every cherished notion, of what makes an Australian summer: sand, seagulls, endless light-filled days and humid, sticky nights, eating fish and chips under a sun-drenched sky.

Peter Doyle, the doyen of the Sydney seafood scene, who passed away in 2004 at the age of 72, transformed Doyles, with the help of his three brothers, from what was little more than a beachside café in the 1950s into the world renowned restaurant it is today. And he delighted in the telling of its pivotal transition in the 1930s, from serving common cuisine to seafood: "The story is that we came to serve only fish because my mother, Alice, used to cook, and my father, Jack, used to wait tables. But people used to complain about the steaks. saying they were always tough. So father said, 'Right, from now on we're only going to serve fish, because no one ever complains about the fish!' To which Alice replied, 'Well, if we're only doing fish, then you can do the cooking!" And from that moment on, with their roles reversed and Jack in the kitchen, a legend was in the making.

It began in the 1880s as a simple shed, where Alice's Grandma Newton would cook up the morning catch, that her husband Henry Newton and his fishing friends brought in each day, and then serve it to weekend picnickers, who'd take the ferry from Circular Quay over towards the heads and 'remote' Watsons Bay, a day trip back then. Then in 1908 on the same site came the Ozone Café, a twostory building that couldn't have been better placed, not only close to the Watsons Bay wharf but also nearby the tramline that was extended out to the bay in 1909. Twenty years passed until Alice met future husband Jack Dovle at a party at the Ozone in 1929. They married in 1931, but the Great Depression forced Ozone to close in 1933. A few years later World War II intervened and saw Jack go off to war. He returned in 1946, but how to pick up the pieces and start life afresh together again? Thirteen years had passed since the old café closed its doors. But Alice had no doubt as to where their futures lay.

Alice was determined to revive the Ozone Café, and Jack, despite misgivings, agreed. With a loan from her mother Eva, the café reopened in March 1948 and the three of them worked round the clock to establish it anew. Upstairs Eva made scones, while downstairs Alice



worked the tables and Jack cooked the fish. And if that weren't enough, they even placed tables outside - introducing the very European concept of dining alfresco to Sydney for the first time. The recipes, those dishes that did so much to build the restaurant's prosperity, have survived. But they are more than just recipes. They are culinary life lessons. In them there are reminders that fish are delicate, that they need only a few minutes in the oil. They remind us that fish should be handled with care; that they are fragile. And the fresher the fish, the more delicious the dish. Small fish with lots of bones should be pan-fried. Large fish like barramundi should always be served with a sauce if fried or grilled, as they easily dry out. And if deep frying? Go with beef batter if you can. The best fish and chips Alice ever had were cooked in beef dripping - by her mother.

At Doyles, the emphasis on 'old fashioned cooking' isn't some phony slogan. It's born of tradition. No matter how many customers might pack the place out on a sunny Sunday afternoon, this gathering place where as many as one in four of its customers are from overseas because it's just that famous, still remains true to the spirit that made it what it is. We should remember that it garnered its reputation in the 1960s when Sydney was a gastronomic backwater, which is no mean feat. and it has continued to be a well of fine food served with a refreshing lack of pretense that was reflected in Peter Doyle's own business card, a card that he never altered, and which read, simply: "Peter Doyle: fisherman".

Bedarra Island Resort

OCATION: Great Barrier Reef, Queensland, Australia OPENED: 1957

In June of 1770 Captain James Cook, sailing north along the east Australian coast on HMS Endeavour, passed through the midst of a tiny scattering of 16 islands off the coast of present day South Mission Beach. A small but attractive archipelago, he decided to call them the Family Islands. The largest island he named Father Island, and the next largest. which we now call Bedarra, he named Mother Island. The remaining 14 he simply referred to as 'the children'. For thousands of years the local Bandjin and Djiru people, the traditional owners of these islands, called Mother Island Biagurra, the 'place of perennial water', due to the presence on the island of several freshwater springs. Biagurra, however, was almost inevitably misspelt by the author and naturalist Edmund Banfield in his book Confessions of a Beachcomber (1908), who recorded it as 'Bedarra' And so the name stuck.

Part of mainland Australia until sea levels began to rise around 8,000 years ago, Bedarra Island is 100 hectares of reef-fringed paradise set within the boundaries of the Great Barrier Reef Marine Park. Accessible via private launch from nearby Dunk Island (or by helicopter from Cairns), Bedarra Island Resort encompasses almost half of the island. Rebuilt virtually from the ground up after the eye of Category 5 Cyclone Yasi passed directly overhead on February 3, 2011, the resort has since emerged as one of Australia's most exclusive tropical island destinations.

If you don't want to be found, if you want to feel a little of what it's like to be marooned, you can do a lot worse than spend a few days here. There are just nine guest villas, most of which are located in the rainforest that rolls down from its granite interior and covers the island like a blanket. Each has its own individual floor plan. Treehouse Villa is perched on granite boulders high in the canopy, with its own sun terrace and day bed; The Point, the last word in seclusion with its elevated position and plunge pool, provides stunning views out over Hernandia Bay.

But maybe you've come to Bedarra Island because you want to stay on the beach and not above it. If so, you'll be wanting Villa #5, the Beach House. Set right on the sand amongst swaying coconut palms, this two-story slice of 'everything you never even knew you wanted' has a customised bar and lounge on the upper level, with a small ocean-facing deck. The lower

level contains the bedroom and a bathroom that opens onto a rainforest-facing deck with outdoor shower. The lower level also leads out onto the villa's substantial lower deck, which brings the total decking area here to an impressive 38 square metres. With so few villas you rarely see other guests except at meal times or at the bar.

The atmosphere is at once laid back but with an attentive staff: luxurious without a hint of pretense. There are no rules, no signage, and no bothersome dress codes either. You can snorkel, maybe get lucky and swim with a few black-tipped reef sharks, or take a stroll into the island's dense tropical interior. That's exactly what the current owner of Bedarra, Sam Charlton, did when he was 12 years old. In 1986 while living on the island with his family, Sam was shown the location of one of the island's all-but hidden freshwater springs by Noel Wood, the celebrated South Australian-born artist who lived on Bedarra Island for almost 60 years in his 'House of the Singing Bamboo'. Wood died in 2001, and ten years later his house was destroyed by Cyclone Yasi. But the natural spring Wood showed the young Sam over 30 years ago, Sam found again, and it now provides the resort with cool, granite-filtered water. You just can't beat local knowledge.

Sam and wife Kerri-Ann love their island home — and are passionate about sustainability. Gone are the resort's old diesel generators and reverse osmosis desalination equipment. Solar power now provides electricity. Important stuff, yes, but the mechanics of which you, the guest, are oblivious to as you hike the island's lookouts or explore its deserted beaches by dinghy or by foot. At Bedarra, you're not just on the beach. You're on your beach.







Hive Beach Café Jurassic Coast, Dorset, United Kingdom 1991 Café

It's a coastline that's been 185 million years in the making, a 153km-long stretch of sedimentary rock along the Devon coast, cliffs with exposed layers that contain almost a complete record of the Triassic, Jurassic and Cretaceous periods. This is the World Heritage-listed Jurassic Coast, a Pandora's box of fossils the number and diversity of which almost defy description. Crustaceans, fish, insects, mammals, plants, amphibians and even dinosau'r tracks have all be found in abundance in these exposed rock layers, and

can still be found in the rock and buried in the san derbelow. Over time as the coast's cliffs have been eroding, freshly exposed fossils have been loosed from their surroundings, fallen to the beach, and buried by time. Today avid fossil hunters scour the beaches here, hoping to find and take home their own piece of prehistoric Britain.

When you come to the Jurassic Coast, whether you stay at a hotel or a B&B, or eat in one of its restaurants or cafés, or simply walk its trails or maybe even go for a bracing



swim, it's impossible to do so in ignorance of the topography around you. This coastline and everything above and beneath it is defined by what is in its rocks and buried below your feet. People come here and think nothing of spending an entire day walking its beaches, digging, fossicking and marvelling at its geology, at its faults, its limestone ridges, and its cliffs of clay and shale. And to do all that takes a lot of fortitude. It makes sense, then, to set out with a full stomach.

Part beach hut, part seafood restaurant, Hive Beach Café is located on Hive Beach and is an award-winning eatery with great views over Lyme Bay and the Jurassic Coast. It specialises in everything from the very small to the very large, from a simple crab sandwich and a cup of tea to towering seafood platters stuffed with West Bay crabs, lobster, prawns and salmon. Desserts are handmade in their own microbakery, they serve delicious local ice-creams, and have their own house blended Dibar coffee. You can sit year-round on its outside terrace, and should the weather turn nasty take refuge under the terrace's canvas awnings. They also have their very own range of cookies including Crunchy Ginger and Chocolate & Tequila. Hive Beach Café also has a 'sister' property, the Watch House Café, located a few kilometres to the west at the back of a shingle beach in West Bay, a tiny port town at the mouth of the River Brit. You can walk off your meal by strolling the Jurassic Coast, but that isn't the only option.

There's also a circular National Trust trail that takes you onto the famous Southwest Coast Path and inland to the village of Burton Bradstock in the Bride Valley, a small village filled with 16th and 17th Century thatched cottages and an early 15th Century church. The Hive Beach Café is a family owned business and has been a part of coastal life here for over 25 years. And while its menu changes daily to reflect that day's catch, what will never change is its price position on Great Britain's most talked-about, and most walked-on, prehistoric beach.





Cap D'antibes Beach Hotel

The commune of Antibes on the Côte d'Azur began life as a Greek trading post in the 5th Century bce, evolved under the Romans into a major gateway to the region of Gaul on the Aurelia road, and in the 10th Century became a fortified enclave. From the 14th to the 17th Centuries, as Europe was experiencing its Renaissance, Antibes fell into obscurity and wouldn't begin to emerge from it until the mid-1800s, when its natural beauty saw wealthy families begin to build scores of luxurious summer houses along its coast and in its hills. Thus began the first stirrings of the 'chic' Antibes we see today. Yet as recently as a hundred years ago it was still the only large town on the coast road between Nice and Cannes.

By the 1930s it had become a destination for the wealthy and the privileged, beloved by Hemingway, Valentino, and Scott and Zelda Fitzgerald, and artists who came here for its wonderful light, including Matisse, Chagall, and Pablo Picasso, who lived here for six months in 1946. Some might say the Antibes of today is living off its reputation, that excessive development threatens to erode its considerable charm. But still, it is possible to build something here and get it right, to add rather than detract from the cape's beauty. That is what was achieved with the arrival of Cap d'Antibes Beach Hotel.

A glistening jewel of contemporary architecture, Cap d'Antibes has 35 rooms and suites, two restaurants on site (its one-Michelin-

starred Les Pêcheurs, and beachside restaurant Le Cap), and a 200-metrelong, sheltered fine sand beach that has unimpeded views out over the nearby Lerins islands, and inland to the Esterel Massif. The hotel's eiaht new 'design suites, added in 2016 as part of a €3 million renovation, provide stunning views over

the Port du Crouton and Cap d'Antibes, yet the hotel itself remains refreshingly minimal, eschewing the sort of epic proportions commonly seen, whether you like it or not, in Antibes' older grandes dames.

The success of the hotel's gourmet restaurant Les Pêcheurs means this hotel is no longer just a place where you come to sleep. Whether planning to stay overnight or not, food connoisseurs now drive out of their way to eat here. In fact it was the restaurant that appeared on this site first, existing on the beach as La Maison des Pêcheurs, a simple fisherman's shack, years before the hotel was ever conceived of, a convenient anchorage for fishermen who'd pull up their boats and cook whatever they'd caught on the day. The 'Maison' (house) in the title might be gone, but



it has forged an enviable reputation thanks to the inventiveness of its Nice-born Head Chef Nicolas Rondelli, and is now a one-star Michelin restaurant in a region bristling with more than its share of those sought-after red Michelin flags.

Not content with having restaurants in its hotel, Cap d'Antibes also has a restaurant in Antibes' Old Town. Le Nacional restaurant, close to the Picasso museum and not far from the street that was once home to the author of Zorba the Greek, Nikos Kazantzakis, serves first-class cuts of beef from the region's finest butchers, and has an enviable wine list. And when you're done you can return to the hotel on its own private motor launch. And the end of another perfect day on the French Riviera.

La Fontelina Location: Capri, Italy ESTABLISHED: 1949

La Fontelina is one of the few restaurants on Capri that is best accessed by boat. And they have their very own, too, a shuttle boat that can bring you here from the nearby Marina Piccola. Of course you can always descend past the myrtle and broom bushes down the pathway that begins at the Tragara viewpoint 300 metres above. Actually it matters not a jot whether the journey is by foot or by boat. Or even helicopter. What matters is not how you get here, but that you just get here. If you're anywhere in the region of the Bay of Naples, visiting the mainland sites of Naples or Mount Vesuvius or Positano or Ravello, you need to come to La Fontelina.

The name Fontelina is derived from 'le fonti del lino', and it was here that the women of Capri once came to macerate flax leaves in the natural pools which formed along the base of the cliffs that rise up above the beach on this typically rock and boulder-laden island. For centuries the threads that were used in textiles and in fish nets were made right here. The white cliffs across from the Faraglioni were known to locals as the 'E font d'o lino' which in time became, simply, 'Fontelina'. Coming here it's impossible to remain ignorant of the island's considerable history. Two thousand years ago, the Roman emperor Tiberius became so enchanted with this side of the island he constructed palatial villas and water cisterns here, including Villa Jovis, one of Italy's best-preserved Roman villas. Ships brimming over with supplies would drop their anchors at the very foot of the Faraglioni and haul supplies up and across to the imperial residences above. It was a heady time, and the beach upon which La Fontelina now sits witnessed it all.

In 1949 the restaurant La Fontelina was born when two adventurous souls, Lucia Fiorentino

and Peppino Arcucci, threw caution to the four winds and began the construction of a tiny wooden hut on the beach, and when they were done, opened a restaurant there. More times than

they cared to remember, high tides, rough seas and storms would wreak havoc with their dream, but on each occasion the couple, with the help of their friends Pasquale and Antionio Gargiulo, would pick up the pieces and rebuild it. Then, in the 1960s, the island of Capri was discovered by the jetsetting international community who brought the island fame and transformed it into one of the world's great romantic destinations. Brigitte Bardot, Sophia Loren, Frank Sinatra, Clark Gable and countless other greats of stage and screen came here and ate at La Fontelina. In 1987, however, after one particularly egregious ocean storm, the business was sold and ownership was passed into the safe hands of Antonio Arcucci and Gaetano and Mario Gargiulo who, just as their predecessors had done before them, began afresh the daunting task of rebuilding. Today the same owners are still there to greet customers both old and new, the famous and the unknown.

La Fontelina has become more than just a successful business. It is a part of the unfolding story of this fabled island. Once where, in the 1950s, maybe a dozen customers would have sat beneath its chestnut pergola under the shade of straw matting on the terrace, now there might be a hundred or more customers dining at any one time, their numbers spilling



over to the beach club on the rocks below, where customers who prefer a little more solitude descend, food and an iced sangria in hand, but always keeping a wary eye out for that meal-ending rogue wave. Where once the only meal was the catch of the day cooked over a small grill and maybe a pot of fish soup bubbling away on the stove, now there is spaghetti with clams, fried paranza and ravioli caprese (ravioli stuffed with cheese, eggs and herbs).

There have been changes at La Fontelina over the years, but not too many, and all of them measured. It would be foolish to tamper too much with what is already here. The setting, atmosphere and appearance of this place, first appreciated and realised by Lucia and Peppino and then sympathetically reimagined over the years, is still exactly what it has always been: a culinary and sensory retreat that transcends the deep, deep blue of its enveloping sea and sky. On an island known for its elegance, the casual alfresco dining and bohemian appearance of this Italian classic, parts of which still look as though it could be blown over by the next big storm, remind us that you don't need to live like Sophia Loren or Frank Sinatra to experience the real Capri. You just have to know where to look.





Hôtel & Spa Des Pêcheurs

The island of Cavallo in the sun-drenched Me diterranean is a part of the not terribly well known Lavezzi archipelago, a scattering of tiny granite islands in the Strait of Bonifacio between the islands of Corsica and Sardinia. Cavallo is small, about one square kilometre, and is the archipelago's only inhabited island. Privately owned by a small group of billionaire Italian property developers, from a distance it can look unimpressive – a low-lying expanse of lumpy greenery covered in vegetation made lush by the presence of myrtle, juniper, and laurel. But far off appearances can be deceiving, and rarely more so than here. The closer you get to Cavallo, the more you see.

From above it looks a bit like a piece of a jigsaw, irregular and indented with numerous rocky coves and beautiful white sand beaches. Its surface, however, is what catches the eye, punctuated by the most wonderfully bulbous-looking granite outcrops, all perfectly rounded, worn down by the eons. Cavello granite was prized by the ancient Romans, who were quarrying the rock here 2,000 years ago for use in statues and monuments you can still see in Rome today. Offshore, too, the rocks are no less impressive, whether piled together or strung out like colossal pearls, some clusters so ornamental you'd think they were individually placed there by Mother Nature.

Now you might think that a granite-laden island like this is a little too remote and maybe isn't large enough to offer the multitude of

experiences that would warrant the building of an expensive luxury resort. Then again, it doesn't make a lot of sense to buy an island and then not put anything on it. The dream so beautifully realised by those billionaire investors was for the Hôtel & Spa des Pêcheurs to not so much sit on the land as

'in' it; it was designed by architect Roberta Valle not to dominate but to be subordinate to the granite landscape that encircles it.

It has 50 rooms, a mix of singles, doubles, and triples with beautiful ocean-facing terraces, and one suite - the Grand Suite - 120sq metres of indulgent luxury. The hotel has a restaurant and wellness centre of course, but more than anything else what this hotel has, and what its guests most covet, is privacy, a privacy born by virtue of its location on an island that takes some effort to reach and on which no further development is being permitted, ensuring it will remain one of the most exclusive hotels anywhere in the Mediterranean. It sits on its own granite-studded promontory, surrounded by water and with its own private beach. The waters here a within a protected marine environment, and a ban on large scale fishing means fish are plentiful inland the



The Port is what passes for a town here. really just a pier where ferries dock and has a scattering of houses and villas, some shops and a pizzeria. Travel writers have referred to Cavallo as 'Europe's best kept secret'. Owned by France, it is more a piece of Italy, because it's always been far easier to get here from Rome than from Paris. Italian accents here are more common than French. There are no cars on the island, just bicycles and electric carts which you can use to visit the island's ten or so beaches. But be warned: you might start to run out of things to do here after a couple of days if you're the sort of person who likes to keep busy. The peace and tranquility on Cavallo is almost on a monastic level. Too quiet for some. But for others? Heaven on earth.



Hotel Del Coronado, California, USA ESTABLISHED: 1888

The second-largest wooden structure in America is to the seaside city of San Diego what The Ritz is to Paris and The Plaza is to New York. Established in 1888, the Hotel del Coronado is the city's great landmark hotel, built on a sandbar on Coronado beach once populated by coyotes and jack rabbits during a land boom, when it was a common ploy for developers to build grand structures in order to increase interest in an otherwise 'problematic' location.

Nothing about its construction is 'ordinary'. Built long before the economy of southern California was anywhere near ready to undertake such a colossal project on its own, its timbers were brought down on lumber barges and steamers out of Humboldt Bay in northern California, and planned on site in specially constructed mills. An iron works, metal shop and kilns for the production of bricks were also constructed. Two thousand labourers, including Chinese carpenters from San Fran, were hired to build it, and a network of pipes were laid under San Diego Bay to bring water on site in the event of fire. It was one of the first American hotels outside of New York to have electric lighting, and when it was finished over 1,400 San Diegans crossed the bay for its grand opening, lest they should forever have to explain what they had to do that was more important on the night The Del opened its doors.

By the 1920s it was already an institution. Presidents Harrison, McKinley, Taft and Wilson have all stayed there, as well as Hollywood stars Chaplin, Fairbanks, Jolson and Valentino. In the 1930s the guest list included Errol Flynn, Clark Gable and Mae West. Liberace was 'discovered' playing piano at The Del in 1950, on a night when the audience was so

small he was considering cancelling his own performance. It is a showcase of Queen Annestyle architecture, from its exterior of scalloped shingles and its mix of cupolas and gables, to those signature, steeply-pitched red turrets, including a monumental turret over the resort's ballroom. The shingled tower includes a row of double-hung windows and two tiers of glazed dormers. When the ceiling was lowered in the mid-1900s, a cavernous upper level was created that harks back to bygone days. A narrow spiral staircase still provides access to the upper reaches of the turret and to an external walkway that provides 360-degree views over Coronado, the San Diego skyline and the Pacific Ocean. In Victorian times it was nicknamed 'the observatory!

The main lobby, was one of the largest unsupported expanses built in the US during the Victorian era. You can still look up and see the original beaded tongue-and-groove sugar pine timber that makes up its ceiling. It's no wonder that, when it came time for the American Institute of Architects to release their survey of the nation's favourite architecture, The Del ranked higher even than any of the creations of the country's most celebrated architect, Frank Lloyd Wright. In 1977 it was designated a National Historic Landmark, an inevitable title for a hotel that was a 'destination resort' long before the term was ever coined, the finest of all remaining American 19th Century wooden beach resorts. Of course, over the years there have been all of the usual upgrades and remodels. What began with almost 400 rooms in 1888 now has 680; a slow evolution always with a sensitive eye to preserving all that The Del has come to represent.





Hôtel Les Roches Rouges

When Mediterranean storms cause the ocean to swell around the seaside town of Saint Raphael on the Côte d'Azur, there are worse places you can be than in the saltwater swimming pool of the Hôtel Les Roches Rouges. Its walls of quarried stone and concrete are cut directly into, and seem almost indistinguishable from, the rocky, irregular shoreline that surrounds it; its water by contrast an alluring, inviting pond in the face of the tempest beyond. Any closer to the foaming waters and you'd be in them, a sense of proximity that is echoed from every patio, every balcony, every vantage point of this classic hotel on the Provence coast.

The Hôtel Les Roches Rouges is everything you imagine when conjuring up images of barefoot Riviera living. Begun in the late 1950s and completed in the early 1960s, the facade might have been compromised in the eighties and nineties by a series of poorly imagined external renovations that included some unsightly ornamentation. But all that was stripped back by the renowned Paris-based architectural firm Festen, who recently gave the hotel back its classic 1950s lines. Once again that traditional nautical and modernist Riviera mix is there for all to see.

Beyond the windows of its guest rooms, which frame the deep blue of the Mediterranean, there are an assortment of timber huts and vantage points designed to take in everything from its ephemeral sunsets to the hotel's own Mediterranean gardens (there's even a private garden for every room). Stan the gardener, after graduating in landscape architecture in Paris as a tireless advocate of 'dry' gardens, came here and decided to work with nature instead of fighting against

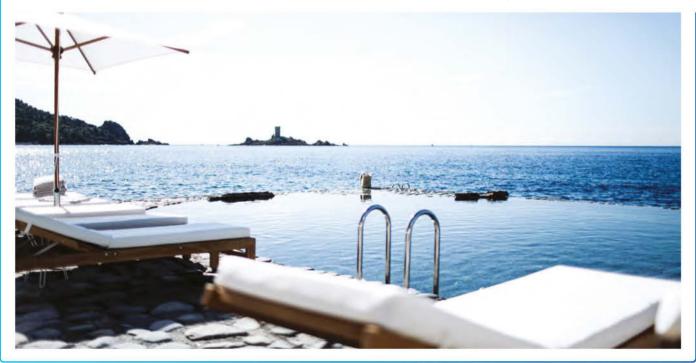


it, planting myrtle and pomegranates as well as rosemary and lavender under the shade of overhanging pines. It's a natural garden that looks as though it could have been growing here since antiquity.

There is diving and snorkelling to be had here, and even a heated lap pool, hardly surprising considering the perch it sits on over the azure blue below. But there is the unexpected, too, such as petangue, and even an open-air cinema. Inside, the hotel has been given fresh life thanks to an interior design makeover that uses the dominant colours of the Esterel - white, blue and red ochre - in materials that include everything from aged oak tables and brass lamps to polished concrete, wicker, and local ceramics. There are even throw rugs on its chairs for those cooler nights.

Forty-seven of its 49 rooms have sea views.

Les Roches Rouges - 'the red rock' - is what makes up the undulating, rock encrusted coastline upon which the hotel sits, and it has sat through its various incarnations since the 1950s, Saint Raphael was a nondescript fishing village back then, and in comparison to its more fancied neighbors, Cannes and Saint Tropez, has managed to retain enough of its original feel to still give you the sense you've 'gotten away from it all! In little niches throughout Les Roches Rouges there is even candlelight; carefullyplaced, handcrafted, perfumed candles made in the nearby village of Auribeau by candlemaker Sebastien Bojo, which sit in candle holders that come from a potter in Spain. Just another reminder that the bright lights of the Riviera will never be so bright as to find their way into the sanctuary of the 'red rock'.





Le Guanahani

The elegant rooms, restaurants, swimming pools, spa and gardens of Le Guanahani are spread over 18 acres on its own private peninsula on the island of St. Barths, a 25 square kilometre volcanic island in the southern Caribbean. Ringed by shallow reefs and known for being a high-end, barefoot sanctuary for reclusive celebrities and the well-to-do. St. Barths has come a long way since it was first 'discovered' by Christopher Columbus in 1493, who named it after his brother Bartolomeo. Unsuccessfully settled by French colonists from the nearby island of St. Kitts in 1648, it was a place of hardship and toil due to a scarcity of fresh water and an arid climate. Sold off by the French government to the Knights of Malta, it was attacked by Carib Indians in 1656, who put the heads of its remaining settlers on sticks along Lorient beach as a warning to anyone who might consider dropping anchor in its crystalline waters.

Nowadays the 20 or so beaches here are some of the finest in the Caribbean. It'd be impossible to rate them, but two you shouldn't miss are Anse du Gouverneur on the south coast, with its mesmerising views towards the volcanic islands of Saba and Sint Eustatius; and the beach that is Le Guanahani's front yard, Grand Cul-de-Sac. Located far from the noise and nightlife of Gustavia, Grand Cul-de-Sac runs crescent-shaped along its shallow bay and is known for its cool breezes and ultraflat water, a perfect combination for kayaking, paddle-boarding and windsurfing.

The beach is also the year-round home for hawksbill and green sea turtles. Hotel staff monitor the beach during the green sea turtle nesting season, and if you're lucky enough to be dining at the hotel's beach front Indigo



restaurant when the hatching of hundreds of babies occur you'll be able to assist in helping them find their way to the sea. A large number of land turtles - and a few iguanas - also live on the property. Le Guanahani's 67 beechwood cottages look across Grand Cul-de-Sac from the hills above and from the porches of its brightly coloured cottages that open directly onto the beach, with its svelte scattering of lounge chairs shaded by palm-thatched umbrellas.

On the 'reverse' side of the beach is another beach that rings an inland lagoon, making Le Guanahani the only hotel/resort on the island to offer a choice of two beaches. It's also St. Barth's largest, and only full-service, resort and one of the island's original hotels. Paths from its villas lead you through dense foliage

of bougainvillea and hibiscus. Its three restaurants include the refined Bartolomeo and beachfront Indigo, but if you'd prefer to create your own menu, local fisherman will take you out to fish for your dinner, which the chefs back at Le Guanahani will be only too happy to cook up for you.

Guanahani is the local name for the wooden trim you see on so many of the island's buildings, a gingerbread-like design that is an expression of St. Barth's unique approach to style and design. Carib Indians, the French. the Knights of Malta, the British, Swedish, and a mix of corsairs, thieves and pirates have all contributed to forming the traditions that make St. Barths one of the Caribbean's most unique and desired destinations.



Long Béach Lodge Resort

In the 1960s Tim Hackett, a young student growing up in the Canadian province of British Columbia who loved building forts in his father's backvard, dropped out of school, and by the age of 17 was working nights as a janitor while building and designing outdoor decks by day. He decided to begin a correspondence course -How to Build a House - and by the time he was 22 he had saved \$7,500. His mother suggested he take a look at two empty lots that were for sale in Sidney, a town on the northern end of the Saanich Peninsula, on the west coast of Vancouver Island. With his father as guarantor and his brother Tony by his side, Tim purchased both lots and built his first two houses. More purchases followed, at Gordon Head, Broadmead and Sunnymead. A dynasty had been born and, by the age of 28, Tim Hackett was a millionaire.

Over the years he gained an enviable reputation for quality and craftsmanship, and a deep love for Vancouver Island's wild west coast. In the 1990s he began looking for acreage, on which he planned to build something that he felt was still missing in his own life, a dream home for himself. He wanted to create something that was unique, filled with the natural elements of the island, a showcase of wooden beams, rough cut local stone, floor-to-ceiling windows and polished wood floors. In 1999 he heard of a property on Cox Bay, between the Pacific Rim National Park and Clayoquot Sound, on a beautiful windswept beach he used to visit as a child. Tim Hackett now had his template, and within a year had begun to build his dream.

What he created here, sprawled along eight acres of oceanfront beach, is Long Beach Lodge

Resort, a property that reflected everything that is good about rustic West Coast architecture, with

Douglas fir for its beams, granite fireplaces and giant windows that framed the dramatic beach and ocean beyond. Working closely with the respected interior designer Kimberly Williams, who selected the furniture and its many works of art, the lodge was chosen as the 2002 Project of the Year by the Canadian Home Builders Association.

The highlight of the lodge is its Great Room, a surprisingly intimate 20 metre x 12 metre space with ocean-to-sky windows that brings the ocean so close you can almost taste the salt. It's a great place to sit during the November to March 'storm-watching' season. The beauty of the lodge is also seen in its details – from its oriental and tribal rugs, to its leather and rattan chairs, to the saddle brackets that support its beam and chandelier, and the branch-shaped wrought iron handles on its doors.

There are 41 lodge rooms and 20 twobedroom rainforest cottages, all built to reflect the qualities of grand West Coast living. Despite its grandeur, detail and harmony, however, it is its proximity to the Pacific Ocean on Cox Bay Beach that most defines it. This is 'wild' Vancouver; a region of unspoiled wilderness, of old growth cedars and Sitka Spruce that tower above forest floors thick with fern and moss. Breakers crash onto mile after mile of empty beach, and there's no end of things to do here. Kayakers can explore Clayoquot Sound or the sheltered bays of the Deer Group Islands. There are sea lions and orcas in its waters, and an annual migration of grey humpback whales. You can learn to surf, scuba dive or paddleboard, hike the trails of the Pacific Rim, or just walk out the lodge's front door onto the 1.5km stretch of sand that is Cox Bay Beach, and explore tidal pools that are home to anemones, starfish, mussels, crabs and goose necked barnacles. In the early 1900s Vancouver Island's west coast was considered one of Canada's most remote regions. Only a handful of non-native settlers lived here. The first doctor didn't arrive until 1906, and the first church seven years later. The first logging road to the coast wasn't completed until 1959. The sense of remoteness here is still palpable, despite an increase in tourism that has seen the nearby town of Tofino transformed from sleepy fishing village to sought-after surfing and tourism destination. But the forests, beaches and ocean will always dominate. When you stand on Cox Bay Beach and look west, the next landfall is Japan. Sheltered anchorages, tree-lined coves and narrow fingerlike sounds (fjords) penetrate its rugged coastline, and you can still find isolated places like the hamlet of Winter Harbour, population 20. Long Beach Lodge Resort is your gateway to all of this.

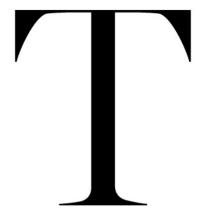


BY THE SEA BY BARRY STONE, NEW HOLLAND PUBLISHERS, RRP\$49.00, IS AVAILABLE FROM ALL GOOD BOOK RETAILERS OR ONLINE AT WWW.NEWHOLLANDPUBLISHERS.COM









ell us a bit about yourself.

I've been an adult entertainment model for about eight years and I love what I do. I started off doing cam modelling and moved more towards the OnlyFans and Instagram crowd as my fan base grew. In my spare time I enjoy gardening, lounging by my pool, kayaking, paddle boarding and hiking!

What would people be most surprised to know about you?

I grew up a tomboy. I played baseball, powderpuff football and going fishing often. Most people look at the hair and make-up and never think I would love playing in the mud. After all this time, not much has changed.

What is your best asset?

Physically, my curves, but overall, my best asset is nurturing – I love taking care of people. Cooking for them, spoiling their soul, etc...

When do you feel sexy?

When I put on some beautiful lingerie, maybe some heels and a new accessory. It doesn't matter if I'm eating snacks in bed like or doing a photo shoot, it just makes me feel put together and beautiful.

What do you look for in a man?

The first thing I notice is a nice smile and kind eyes. Second, is a man who is a gentleman – I like digging down to the roots and appreciate a man who can still hold the door for me. Lastly, I love a man who can nerd out with me or teach me something.



WOMAN OF THE WORLD







Australia/NZ Women of the World Official 2024 Calendar is the perfect gift for you and your mates. Featuring 13 gorgeous international The MAXIM

month we give you awesome May models, this

beauty Ashley...

STATUS UPDATE

LIFEMOTTO
Never worry about
what others think. @ashleyk_hawaii Bubbly, athletic, energetic, Mom San Angelo, TX LIVES Sandestin, FL FIVE-WORD SELF Live life to the September 16 DESCRIPTION only get one! adventurous HOMETOWN fullest. You INSTAGRAM BIRTHDAY



The MAXIM Australia/NZ Women of the World Official 2024 Calendar is available in newsagents RRP \$19.95

Daddy Issues

Continually filmed for the past two years SHEILA VIJEYARASA and TYSON SALIJEVIC could currently be the most documented couple in reality TV. Three months into their relationship, the stars of Channel 9's *Big Miracles* decided they wanted to start a family. Here, Tyson shares his story

of finding your soulmate, heartbreak, and the trials and tribulations of the IVF process when you're a bloke trying to become a dad in your 40s...

By TYSON SALIJEVIC



Following my latest breakup, I found myself at a crossroads, recognising the need to unpack the baggage of my childhood and past relationship patterns. It was a pivotal moment that led me to seek the guidance of a therapist. Surprisingly, the process proved incredibly transformative, helping me heal wounds that had lingered for far too long. There was a defining moment, where I thought, "I am really ready to meet my soul mate." I got brave again and went onto the dating apps. But this time, I was different, the next version of me was ready to tackle the dating world again.

I was a lot clearer on what I wanted and what I didn't want. Six weeks later, Sheila walked into my life – in the middle of lockdown in Sydney. Miracles do happen! From the outset, there was an undeniable magic between us, an inexplicable connection that defied logic. For those lucky enough to own a Tesla, there's this nifty little gear called "Ludicrous Mode" – when you put your foot on the gas you accelerate from o to 100km in a mind-boggling four seconds flat. Sheila and I joked that our relationship

was operating on ludicrous mode, and boy, were we in for one exhilarating ride.

Eight weeks into our whirlwind romance, we took the plunge and moved in together. Call it impulsive, call it love-struck – whatever it was, it felt right. Fast forward four months, and we were engaged, committing to a lifetime of adventures together. It was on our first date that we discussed our individual desires to have children, and by our third date, it became clear to me we were compatible in so many ways – Sheila was the woman I wanted to have a family with. Being in our mid-40s, we wasted no time. In an interesting turn of events, on our first date Sheila boldly shared that she had frozen her eggs when she was 38 and we would be using those to ideally have a child.

We decided to throw a curveball and dive headfirst into the world of IVF – just three months into our relationship. Following our initial IVF appointment, a television production company approached us with an interesting proposition – to be part of an exploratory IVF documentary series called *Big Miracles*. Without hesitation, we seized the opportunity. Little did we know, the immense challenges that lay ahead over the next two-and-a-half years.

Navigating the trials and tribulations of IVF is no walk in the park. The emotional rollercoaster, the physical toll - it's enough to test the resolve of even the strongest among us. And to have every moment of that journey documented for the world to see? Well, let's just say it added a whole new layer of complexity to an already challenging process. In the rollercoaster ride of our IVF journey, Sheila's frozen eggs held our hopes of creating a family. Yet, out of eleven eggs, none resulted in a pregnancy - our first crushing blow. Sheila froze those eggs banking on multiple chances at motherhood once she found the right partner (me!), but life, as we know, can really be unpredictable.

Seven more rounds of IVF followed, with



each ending in heartbreak, but we remained strong as a couple in this process. The weight of setbacks, especially as emotional as IVF, can be a heavy burden for any couple to bear. It took every ounce of resilience and courage to persevere, to keep pushing forward despite the relentless string of failure. Many men have asked me how we got through it. As a couple, we become closer, kinder and more caring towards each other – IVF can make your relationship strong if you allow it to.

This is the advice I give when asked: we thought more of what the other was going through and how we can comfort them. It is amazing what happens when you put someone else's feelings first, and you get yourself out of the way. Communication was pivotal. We did daily check-ins. I let Sheila cry in my arms and I didn't try to fix the problem, as men often do as their default.

Men need to have an acute awareness of the imbalance in the IVF experience. For us, our job is easy. We don't go through the endless injections,

the mood swings, the hormonal imbalances, the weight gain. IVF is hormones on steroids, and all men do is leave a deposit in a cup and move on. We certainly get the good part of the deal!

All you need to do is to support your partner. It sounds simple, but it is not always easy – so definitely seek counselling if you need. Support your partner as they are the ones going through the most massive emotional challenge.

After unsuccessfully doing eight rounds of IVF as a couple in our late 40s, we needed a radically new approach. With the guidance of the IVF team after our final round, we desperately wanted a family and followed a braver path for Sheila, which meant using donor eggs. Donating eggs in Australia is only done altruistically. Legally, you cannot buy human tissue in Australia and thus you go on a donation waiting list. And it could take years to find a donor. We did not have time on our side, so we found a US donor. This process was fascinating - choosing a donor from an online platform was like Tinder for Donor Eggs. We found the right match quickly. And six weeks later, our precious donor eggs arrived in Australia.

At 45, you have a sobering two percent chance of falling pregnant, even with IVF. Using a young donor, those odds go up to an impressive 50 percent chance. We were committed to the process, committed to each other, committed to having the hard conversations about infertility that most

people do not want to talk about, and committed to being brave enough to sharing this publicly. From the six donor eggs, we received a blessing, four viable embryos, all excellent quality. Finally, after so much heartbreak, we could feel hopeful for the chance of a family.

The waiting time after implanting an embryo is usually around 10 days, enough time for an embryo to attach to a woman's body. It is the longest wait of your life. So much hope, so much nervousness, and so much out of your control. For a woman, I think it's traumatic not knowing if her body will accept an embryo. Finally, over the course of two years trying to conceive, we received the amazing news that Sheila was pregnant! We were so happy that we could fall pregnant, so many tears, so many heartfelt messages, and all captured for the Australian public too!

"There was a

defining moment,

where I thought,

Tam really ready to

meet my soul mate."

Once the initial euphoria wore off, we were on the waiting journey that every expectant parent goes through – a healthy 12-week scan and 20-week scan. Constantly questioning, "Is the baby

healthy?" So many worries that never stop. Happily, we are weeks away from giving birth. The baby is growing beautifully, and Sheila is glowing. We are extremely excited and nervous about our newborn baby arriving soon.

The most important aspect of this whole journey was our connection. Never losing ourselves to grief, thinking more about the other than ourselves and never forgetting why we wanted to have a family in the first place. Our journey was unique in that we had a film crew filming our experiences, in fact we are still filming for Season 3. We know that our challenging IVF story is many couples' stories, too. We felt privileged that we could provide inspiration and support to others going through the same journey.

We have been overwhelmed by the support and DMs we have both received, thanking us for being brave enough to tell our story publicly and giving them hope too. Sheila and I shared a common goal: to break down barriers of understanding IVF, challenge stigmas around infertility and offering a glimmer of hope to those navigating the murky waters of creating a family in an unconventional way.







Our resident Sexpert gives us her no-nonsense take on office sex...

By VANESSA DE LARGIE

an I sleep with my boss? Can I sleep with my co-worker? Or, do I need to update my resume? These are the questions that fixate themselves in people's minds as they walk robotically back and forth to the office water-cooler. Let's face it, work can be monotonous, tedious... and so on. Having sex at work is one's only retort.

GRINDING WHILST GRINDING

They call it 'the grind' for a reason – because every day it grinds against you. Before you leave this world, why not seek some stress-relief at work through sex? Science tells us that regular f—king increases our lifespan. Who knows, a weekly work-shag could help you score a century in years to... er... cum.

THE DANGER

Office sex is appealing because it's dangerous. You're risking your job and possibly your reputation. Sexperts the world over agree that forbidden sex equates to super-hot sex, but who needs an incentive? Like, really?

BANGING THE BOSS

If the feelings are mutual, there is zero shame in banging the boss. Metaphorically, bosses have been f—king over workers for years. How about some reverse psychology? How about a pay rise? How about a few extra minutes for lunch? Bonking the boss = PERKS. Comprende?

DICKTATION

The best feature of office sex is the desk. My goodness, it has so many variables. I can see a tie coming off and perhaps being used for someone's wrists. I can see oral sex on the swivel chair. I can see documents flying everywhere. I would've made a great secretary with my skill-set... I must remember to update my CV!

COPULATING A CO-WORKER

There's always that co-worker that you'd like to have sexual intercourse with. A hint of cleavage or a flash of booty can send one's thoughts into overdrive. The

denial of feelings is the denial of life – just ask Buddha. I suggest, if the mutual opportunity presents itself, you f—k your co-worker whenever and however you can. Do it for the team. Do it for the workers and bosses that want to do it but don't. F—k it, just do it for me!

Vanessa de Largie is an Australian actress, sex columnist and freelance journalist







The actor and *Curb Your Enthusiasm* co-star discusses his hypothetical last day on Earth...

How do you want to go?

I can tell you how I don't want to go – waiting in line to pay parking tickets and having a light from the ceiling fall on my head.

Do you have any deathbed confessions?

I invented Twitter.

Will you be going to heaven or hell?

Heaven, because everyone knows it has a better food court.

Which movies are playing on repeat in heaven?

Heaven would be Rudy, and hell would be The Cell.

What's on the playlist or soundtrack in hell?

It would be someone asking these questions on a continuous loop put to techno music.

What's the one thing you absolutely will not miss? *iCarly*.

While alive, what did you spend the most money on?

Turning my living room into an exact replica of the set of *iCarly*.

Name one thing you're glad you'll never have to do again

on Earth. Stretching.

"What people are saying **over my casket**: 'God that man loved to **tap dance**."

Where would you go on your last vacation, and why? I would go to De Smet, South Dakota, to the home

of the real Little House on the Prairie author Laura Ingalls Wilder to stand where her main character, Isaiah Edwards, once stood. As for why: I'm honestly not sure.

What are people saying over your casket at your funeral?

God, that man loved to tap dance.

Got any last words?

Is there a bathhouse in here? ■







brando

ITALY

brando.com.au

Queen Victoria Building, Sydney Shop 29/455